BOOZIN' AROUND THE
CHRISTMAS TREE
WELLBEING {page 23}

YET ANOTHER HOT
COUPLE BREAKS UP
THE WORD {page 16}

METRO MAGIC
HOLIDAY TOY DRIVE
TAKE PART TODAY {page 07}

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Officer murdered during drug theft

▶ NYPD commissioner reports slain cop Peter Figoski was shot and killed upon interrupting robbery ▶ Neighbors say they suspected home was a drug den {page 02}

News

Hail Mary? Sandusky rushes trial

▶ Former Penn State coach opts to skip preliminary hearing, accuser testimonies ▶ But court date may be a year out {page 08}

Viggo makes a Freudian slip

Mortensen talks about playing the world's sexiest psychologist {page 18}

EMILY ANNE EPSTEIN/METRO

Tourism. Law

▶ Can't take the racket? City law requires that 40 percent of tour bus fleets have headphone systems in place by this summer.

As they negotiate their expiring contract, the city's tour bus guides are worried a $3 million headset mandate will cost them their jobs. But residents in quaint, trendy neighborhoods say they just want some peace and quiet. {page 02}

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Officer killed in drug robbery gone bad

The NYPD officer killed on Monday was shot while trying to break up a drug robbery, according to Police Commissioner Ray Kelly. Five people were charged yesterday in connection to the brutal murder of Officer Peter Figoski.

"They believed that the tenant in the basement apartment of 25 Pine St. in Brooklyn was a marijuana dealer," Kelly said. "They planned to steal any cash and marijuana they found there."

Kelly said that Ariel Tejada, 22, Nelson Morales, 27, and Kevin Santos, 30, planned the robbery with Lamont Pride, 27, and Michael Velez, 21.

Tejada and Morales posed as neighbors when the police officers arrived and offered to help with the investigation, Kelly said. The tenant, who was pistol-whipped during the robbery, did not contradict his assailants' story.

▶ Gun used in the shooting

The news echoes what a neighbor on Pine Street told Metro about the tenant.

"He was up to no good," said the neighbor. "I always saw him out on the street, smoking weed." METRO/EAE

In the news

Ice pick robber sentenced

A man who terrorized women around Stuyvesant Town last December was sentenced to up to life in prison yesterday, according to the Manhattan district attorney. John Martinez, 40, used a knife and at other times an ice pick to rob three women. METRO/CB

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WHAT 2012 SOUNDS LIKE

WWW.METRO.US/MUSIC
THE WAR ON DRUGS' YEAR-END RECAP

WWW.METRO.US/WELLBEING
WHY LONDON CABBIES ARE SO SMART

Tour guides fear they'll be silenced

▶ Law mandates headphones in tour buses to reduce noise ▶ But guides fear that means losing their jobs ▶ 'End of an era' for a tourism favorite?

EMILY ANNE EPSTEIN/METRO

▶ West Village resident Barbara Backer said she would hate to see tour guides lose their jobs. "That certainly was not the intention of the law," she said.

The booming voice of tour guides passionately shouting out New York City's sites to tourists might soon be muted.

Because of a law requiring city tour companies to gradually install headphones in all buses, many guides are worried they could be laid off, said Robert Murphy, a guide since 1998 and head of their union, Local 225. The union is negotiating a contract that expires Dec. 28.

City Council members passed the law following complaints from neighborhood groups regarding the loud noise of guides using amplified microphones.

Gray Line officials warned the headsets might cost $3 million to install, Murphy said.

The law takes effect in stages, mandating that 40 percent of tour bus fleets should have headphone systems by July 2012. Tour guides would still be allowed to speak into headsets, but guides worry that once they're in place, bus companies will replace them with robotic, prerecorded audio tours.

"This is actually my career," Murphy said. "I'm 44 years old and my Christmas present is unemployment."

Bushwick resident Christopher Barron, 29, just started guiding in August but is already worried about his new career. He told Metro he's "petrified" he might lose his dream job.

"I found something I was good at, that I liked, and now who knows," he said.

West Village resident Barbara Backer says she fought for the law after tour buses rumbled past her apartment with microphones blaring every day.

"There are times when you can't speak on the phone because you are combating that noise," she said.

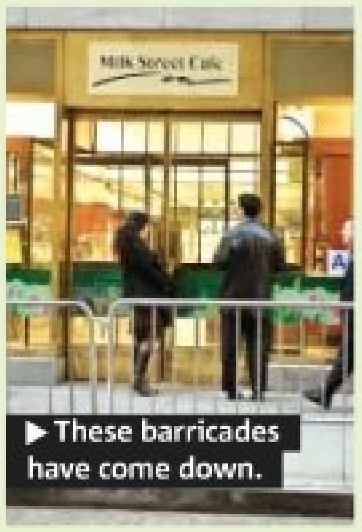
ALISON BOWEN
alison.bowen@metro.us

The human touch

Guides say they humanize the experience for tourists.

▶ "A robot can't answer a question," Murphy said. "This city is overwhelming."

▶ "When you take the live component out of the tour, it's an end of an era," said tour guide Dahlia Ramsay.



▶ These barricades have come down.

Walls on Wall St. shut down eatery?

LOWER MANHATTAN. The owner of a restaurant on Wall Street said he will have to close after business dwindled due to barricades for Occupy Wall Street that remain up. Marc Epstein, owner of the Milk Street Café told the Daily News that he will close the restaurant Thursday. The barricades are still up, but not in front of the cafe. METRO/AB

Lighting up downtown

LOWER MANHATTAN. The World Trade Center is getting ready for the holidays. Workers at the site installed lights around the tower this weekend, which at night glow in purple, green and blue. The workers put up the lights in their off-duty time, according to DNAinfo. An elevator was even decorated with red-and-white to look like a candy cane. METRO/AB

The highs and lows of a year with the MTA

▶ Transit advocates rank the events of the past year both above and underground ▶ Was 2011 a good ride?

EMILY ANNE EPSTEIN/METRO

▶ One of the worst MTA decisions this year was to remove trash cans in some stations, a transit advocacy group says.

Transportation advocates took a look back at 2011 and ranked the year's best, and worst, events for New York City transit.

Gene Russianoff, staff attorney for the Straphangers Campaign, said the year proved to be a mix for transit and its riders.

Among the "worst," the Straphangers highlighted the MTA's decision to lose trash cans in subway stations, which critics called a misguided effort to clean up trashy subways.

Quoted

"A look back shows that it was both the best of times and the worst of times for New York City subways and buses." RUSSIANOFF

They also criticized the MTA for proposing to take on $7 billion in debt while increasing operating expenses by $500 million a year.

But 2011 wasn't all bad news: The silver lining, the group said, was that there was no fare hike this year.

They also noted that the MTA finally consolidated all its help lines into one convenient number: 511.

In other user-friendly improvements, the group added that riders can now track the location of some bus routes by cellphone.

The good

Transportation advocates highlight the highlights:

- No fare hike in 2011.
- Service on the M34 bus improved. Passengers can now pay before boarding and enjoy a speedier ride across town.
- The new Weekender site tells commuters how their Friday-to-Sunday commute will be different.

... and the bad

- The MTA removed garbage cans from two subway stations in an effort to reduce trash.
- A 20 percent increase in passenger assaults on bus drivers and a 16 percent increase in assaults on subway workers.
- The decision to leave aging C line trains on the tracks until 2017 means they will be in service for 53 years.

Also, in good news for Lower Manhattan commuters, the southbound Cortland Street station on the R was finally reopened.

The biggest news of the year is that MTA chair Jay Walder left his post — he was replaced by Jay Lhota — but the transit group decided it was "too early to tell" if it was good or bad.

EMILY ANNE EPSTEIN and **ALISON BOWEN**

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List of the dead

Other victims found near Gilgo Beach:

- Melissa Barthelemy, a 24-year-old prostitute, found near Gilgo Beach on Dec. 11, 2010.
- **Maureen Brainard-Barnes, a 25-year-old prostitute, found near Gilgo Beach on Dec. 13, 2010.**
- Prostitute Megan Waterman, 22, found near Gilgo Beach on Dec. 13, 2010.
- **Amber Lynn Costello, a 27-year-old prostitute, was found near Gilgo Beach on Dec. 13, 2010.**
- Jessica Taylor, a 20-year-old prostitute, was identified after body parts found March 29, near Gilgo Beach matched a torso found in Manorville in 2003.
- **An Asian man, between 17 and 23, was found along Ocean Parkway on April 4 and might have died as many as 10 years ago.**
- The dismembered body parts of a woman, Jane Doe No. 6, between 18 and 35 years old were found near Ocean Parkway on April 4, and matched body parts found in 2000.
- **A female toddler, 18 to 24 months, found next to Jane Doe No. 6 on April 4.**
- Remains found in Nassau County of a woman, likely the toddler's mother.
- **Remains found in Nassau County on April 11 were linked to other remains found on Fire Island in 1996.**

Gilbert family doubts police information

LONG ISLAND. The attorney for Shannan Gilbert's family, Robin Sax, told Metro yesterday that they're not confident in the police department's account of how Shannan's personal items were found, including a cellphone, wallet and clothing. Sax said she does not believe those items have been there since Gilbert disappeared.

"We've done our own investigation and we searched that area many times," Sax said. "It's questionable as to whether those items were found there."

Police say they believe Gilbert's death was an accident, not a murder, after she fled to the beach in a distraught state of mind.

"We think potentially that police have been very pressured by media attention and may have made those statements as a decoy so media backs off," said Sax.

Sax says that any time there is a new development in Shannan's case, with the exception of yesterday, her family hears about it through the media, rather than a notification by police. **METRO/CG**

911 call

Sax said the family wants to hear the 911 recordings of the call Shannan made the night she went missing.

Cops: Remains likely missing LI woman's

KEVIN C. DOWNS/METRO

▶ Shannan Gilbert's distraught mother, Mari Gilbert, broke down yesterday during a candlelit vigil for her daughter.

▶ Skeletal remains found nearby missing woman's belongings ▶ Not a victim of Long Island serial killer

Suffolk County police found yesterday what they believe are the skeletal remains of 24-year-old Shannan Gilbert, a prostitute who disappeared last year.

The remains were discovered after police cleared heavy brush from an area that had previously been underwater.

The medical examiner has not yet confirmed the identity or determined a cause of death, but Suffolk County Police Commissioner Richard Dormer said the remains were found a quarter-mile from where Gilbert's personal belongings were found Dec. 6. He said the position of the remains indicates that the victim may have been trying to reach the lights of the causeway before she died.

During the search for Gilbert, police uncovered the remains of 10 people, many of them prostitutes. A police spokeswoman said yesterday that, while they think those 10 people are victims of one serial killer, they do not believe Gilbert's death is related. That's because of where she was found and her demeanor during a 911 call, police said.

> **"She traveled on foot through that mud and muck. If somebody is disoriented and anxious and they are running, certainly that would take a toll on you."** DORMER

CASSANDRA GARRISON
cassandra.garrison@metro.us

When was Shannan last seen?

LONG ISLAND. On May 1, 2010, Gilbert took a limousine to the Oak Beach home of Joseph Brewer, a man who had answered her ad on Craigslist. The limousine driver, Michael Pak, said Gilbert was acting irrational and paranoid, saying that people were trying to kill her. She made a frantic 23-minute call to 911 and fled Brewer's home. She banged on the door of Gus Coletti, asking for help around 5 a.m. but he said she ran off when he tried to call police. That was the last time Gilbert was seen. **METRO/CG**

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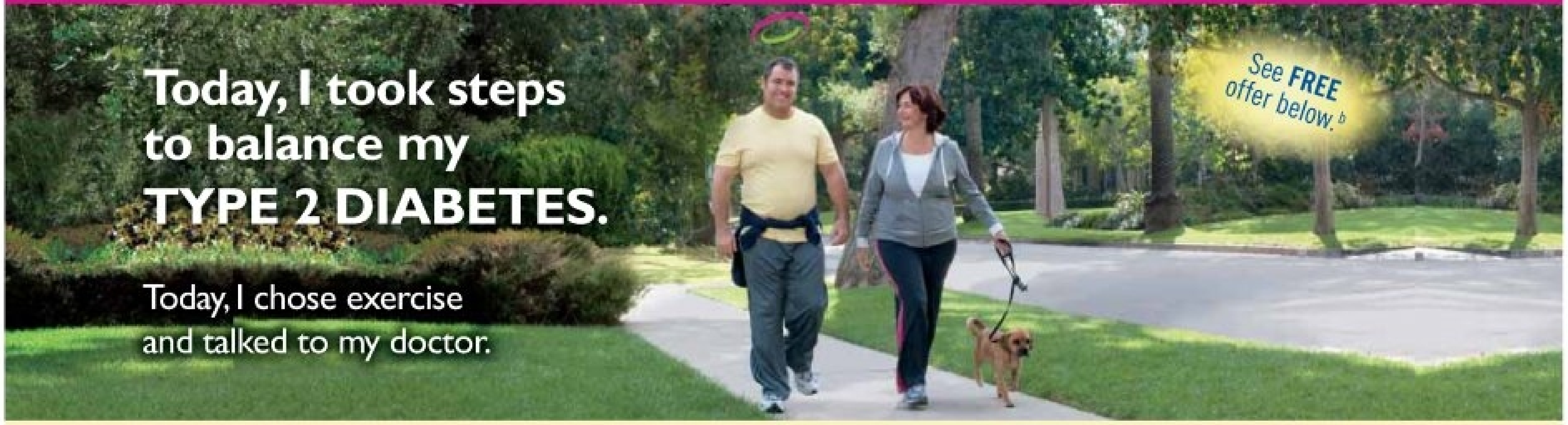
JANUVIA is widely available on most insurance plans.[a]



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- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a] Fingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

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[b] Terms and conditions apply. Please see next page.

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2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
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JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2012**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.

Januvia®
(sitagliptin) tablets

- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
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- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

  Symptoms of a serious allergic reaction to JANUVIA may include:
  - rash
  - raised red patches on your skin (hives)
  - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
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Task force to combat pill abuse

▶ New city agency taking aim at prescription drug problem ▶ Aims to close down lucrative pill pipelines

ISTOCKPHOTO

▶ ER check-ins for painkiller overdoses have doubled.

The city launched a multi-agency task force yesterday to combat New York City's growing problem with prescription painkiller abuse.

Composed of various law enforcement and health experts, the task force on the Prevention of Opioid Misuse and Diversion will be charged with making policy recommendations to Mayor Michael Bloomberg to help halt the city's prescription drug epidemic.

City data explain the scope of the problem. Check-ins at hospitals throughout the city for painkiller overdoses doubled between 2004 and 2009, according to the New York Department of Health and Mental Hygiene. Meanwhile, just 1 percent of all New York City pharmacies are responsible for filling more than a quarter of Medicaid reimbursements for 80-milligram oxycodone prescriptions, according to the Mayor's Financial Crime Task Force.

"This drug problem, unlike previous drug epidemics in this country, is a product of our medical care system," said Health Commissioner Dr. Thomas Farley.

The group must deliver its first round of recommendations to Bloomberg on ways to disrupt the marketing, distribution, prescription and use of prescription opioid painkillers in the Big Apple by January 2012.

EMILY ANNE EPSTEIN
emily.epstein@metro.us

The new addiction

NEW YORK. In the past 20 years, painkiller prescriptions have increased tenfold in Gotham. In 2009 alone, 25 percent of fatal accidental overdoses involved painkillers. In addition, a 2008 survey reported that 10 percent of New York City students in grades 7 to 12 admitted to using a prescription opioid recreationally at least once in their lives. **METRO/EAE**

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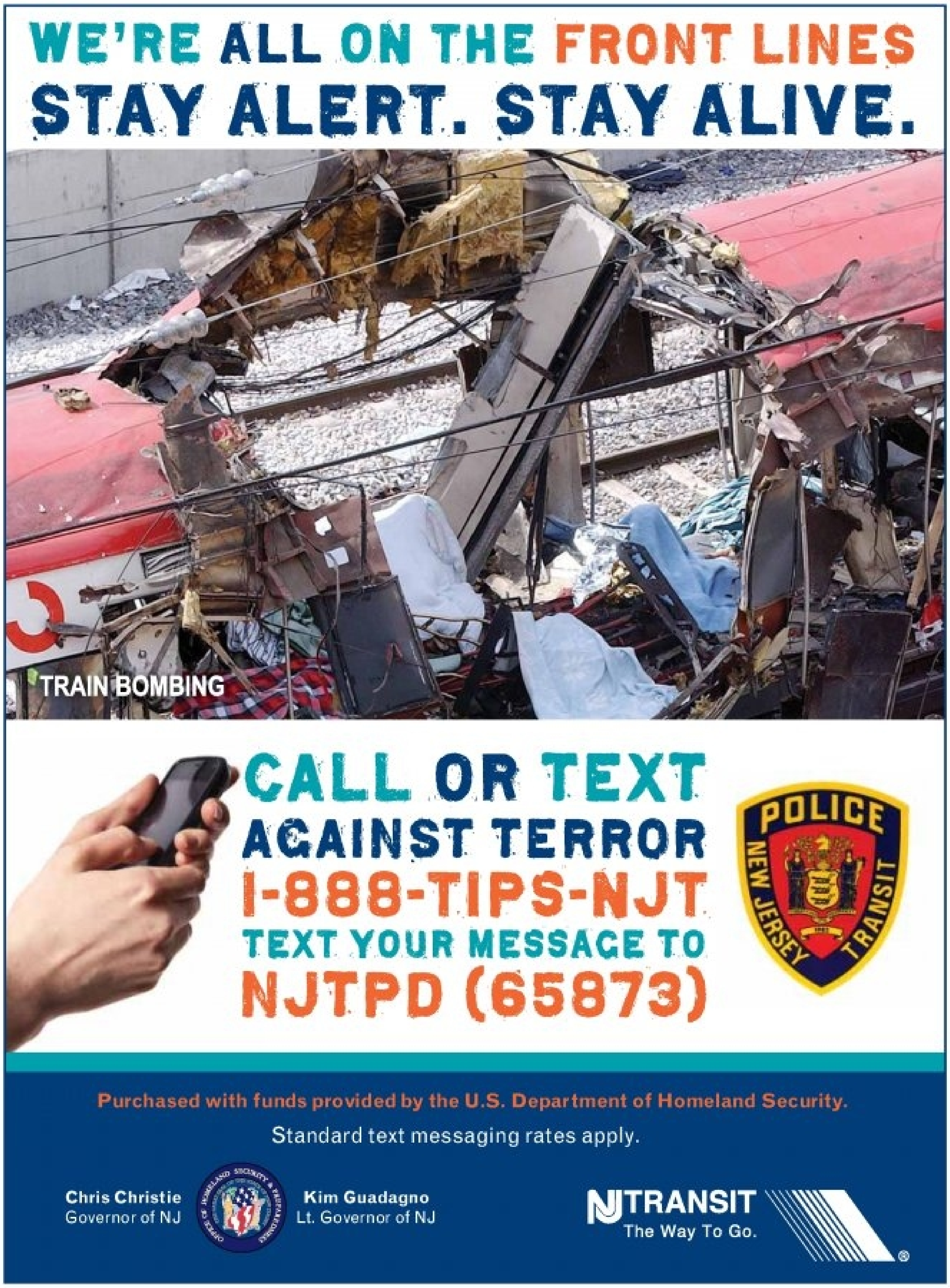

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Mentor or molester?

That's the question headed to a jury in the criminal case of former Penn State coach Jerry Sandusky ▶ His attorney waived a preliminary hearing ▶ But the suspect, defense lawyer and alleged victim talked

GETTY IMAGES

www.metro.us
DEFENSE ATTORNEY COMMENT LEADS TO GAY SEX LINE

▶ Former Penn State assistant football coach Jerry Sandusky arrives with his wife Dottie at Centre County Courthouse in Bellefonte yesterday.

Mentor to underprivileged children or serial child molester? For ex-Penn State football coach Jerry Sandusky, a jury may now decide.

Sandusky, who masterminded fearsome defenses at Pennsylvania State University for 23 years, shocked a packed courtroom yesterday with his own defensive move: He waived his preliminary hearing, which means that he now goes straight to trial on 52 counts of child molestation.

Reaching for a football metaphor, the 67-year-old former coach told reporters: "We fully intend to put together the best possible defense that we can do, to stay the course, to fight for four quarters."

The courtrooms and jail cells where Sandusky has been since he was charged in early November are far from the high-pressure world of big-time college football, where he ran with the winners.

And he lavished the perks of his success on young boys. He started a charity, The Second Mile, to help needy children and often befriended boys, giving them presents and access to the glamour of sports that even rich kids could only dream of.

In his 2001 autobiography, "Touched," Sandusky describes how he and his wife, Dottie, also adopted one of those boys from The Second Mile, his youngest son Matt, whom Sandusky met through the charity when the boy was 7 or 8 years old.

Sandusky now faces 52 grand jury counts of sexual abuse of 10 young boys recruited from The Second Mile.

If convicted on all counts, Sandusky could be sentenced to more than 500 years in prison. He has denied any wrongdoing and is free on $250,000 bail.

Known for his animated sideline behavior, Sandusky reveled in his image as a spontaneous coach with a wild side.

"I thrived on testing the limits of others and I enjoyed taking chances in danger," Sandusky wrote in his autobiography of a personality trait that began as a boy. REUTERS

32

Number of years Sandusky spent as assistant coach at Penn State alongside Joe Paterno. Sandusky retired in 1999.

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LOUAI BESHARA/AFP/GETTY IMAGES

▶ Syrian pro-regime supporters dance in the street.

Deaths pile up in Syria

AMMAN. Security forces killed 17 people in Syria yesterday and rebels killed seven police officers in an ambush, activists said, after the U.N. human rights chief put the death toll from nine months of protest against President Bashar al-Assad at 5,000.

The bloodshed highlighted accelerating violence as an insurgency has begun to overshadow what started as peaceful street protests against Assad's 11-year rule. **REUTERS**

US cuts aid to Pakistan

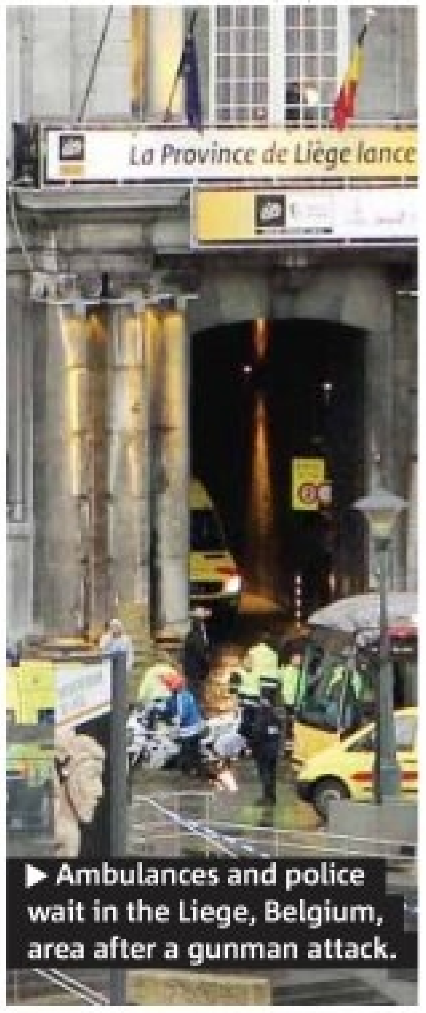
ISLAMABAD. A U.S. Congressional panel has frozen $700 million in aid to Pakistan until it gives assurances it is helping fight the spread of homemade bombs in the region, a move one Pakistani senator called unwise and likely to strain ties further.

Pakistan is one of the largest recipients of U.S. foreign aid and the cutback announced is only a small proportion of the billions in civil and military assistance it gets each year.

But it could presage even greater cuts. **REUTERS**

Grenades, assault rifle used in Europe kill spree

MICHEL KRAKOWSKI/AFP/GETTY IMAGES



▶ Ambulances and police wait in the Liege, Belgium, area after a gunman attack.

▶ In Belgium, man kills three, wounds 123 others, then takes his own life ▶ Officials say no clear link to terror

A man hurled grenades at a bus stop in the Belgian city of Liege and sprayed gunfire at a square crowded with Christmas shoppers and children yesterday, killing three people and wounding 123 others before fatally shooting himself in the head.

It was not clear what his motive was, but Belgian officials said there was no indication it was an act of terrorism.

Witnesses said the gunman, named as Nordine Amrani, 33, began his attack near the bus stop at Place Saint Lambert, a shopping area and the site of the Christmas market and main courthouse — sending shoppers scattering to flee the bullets.

13

Random killings of this kind are relatively rare in Belgium. Most recently, in January 2009, a man stabbed to death two infants and a woman and injured 13 at a nursery in the town of Dendermonde.

Amrani, released from jail about a year ago after being convicted of possessing weapons illegally, ended it by shooting himself in the head with a handgun, the witnesses said.

"He had a bag. He got a grenade out of his bag. He threw the grenade at the bus stop. Then he had a Kalashnikov [rifle]. He shot in all directions. Then, everyone ran to try to save themselves. Then he got a revolver out and put a bullet in his head," one witness told RTBF radio.

The victims were a 15-year-old boy, who died at the scene, a 17-year-old boy and a 75-year-old woman who died in hospital. A justice official said 123 had been wounded.

Officials said Amrani had been summoned in the morning to appear before police, an appointment he did not make. **REUTERS**

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1928	Up To	$5,500

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Charm Bracelets	$5,500
Earrings	$10,500
Bracelets	$13,000
Cameos	$750
Victorian	$10,500
Art Deco	$13,000
Cuff Links	$1,000
Pins	$5,500
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$3.00	1854D	Up To	$10,500
$5.00	1795 Small Eagle	Up To	$52,000
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	$20,500
$10.00	1859O, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

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— C. Pace

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— J. Grace

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— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

My service was exceptional!
— C. Sweeney

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A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Retail sales growth weak in November

- Casts doubt on prolific holiday shopping season
- Fed warns market turbulence poses threat to future

SPENCER PLATT/GETTY IMAGES

▶ Shoppers were out on Broadway in New York City yesterday.

Retail sales grew at their slowest pace in five months in November, tempering expectations for a strong holiday shopping season.

Retail sales increased a weaker-than-expected 0.2 percent after gaining 0.6 percent in October, a Commerce Department report showed yesterday.

Relatively strong consumer spending in recent months has helped the United States resist a global slowdown fed by Europe's still menacing debt crisis.

A separate report showed U.S. business inventories rose in October by the most in five months, pointing to stronger growth as companies restock shelves to meet consumer demand.

Indeed, November's cooler retail data looked unlikely to rekindle fears of an imminent recession, and Federal Reserve policymakers meeting on Tuesday did not unveil any major policy shifts. The Fed did, however, say financial market turbulence posed a threat to economic growth.

Some economists warned that some of the strength in American consumption has come from households saving less, a trend that might not last. Indeed, yesterday's retail data suggested some of that strength might already be waning.

"November's modest rise could ... be the start of a period in which households start to spend more within their means," said Paul Dales, an economist with Capital Economics in London. REUTERS

$2.4T

Drop in household wealth so far this year, which is likely affecting consumer spending.

There is some good news

Some report details were more heartening. Sales outside autos, gasoline and building materials — which correspond most closely with the consumer spending component of the government's gross domestic product report — rose 0.3 percent in November.

metro MAN AND WOMAN OF THE YEAR 2011

Congresswoman Gabrielle Giffords picked up a lot of votes in Metro's Person of the Year event yesterday — but still lags a long way behind the Occupy movement and Steve Jobs, both of whom received dozens more votes from Metro readers.

To vote:
Send your pick to **mwoty@metro.us**. The choices are Steve Jobs, the Occupy movement, or Congresswoman Gabrielle Giffords. Voting continues now and ends Thursday, Dec. 22, and the winner will be revealed in a special edition Dec. 27.

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Gingrich's tax plan a budget bomb: Report

Tax group says plan by GOP front-runner would add $1.3T to deficit Cuts across the board — most for rich

The economic plan proposed by Republican presidential candidate Newt Gingrich would provide huge tax cuts for the rich and add $1.3 trillion to the U.S. budget deficit in 2015 alone, according to an analysis by the nonpartisan Tax Policy Center.

The figures compare the federal government's take under Gingrich's proposal with projected U.S. revenue if current tax law ran its course and existing income tax cuts expired.

The analysis finds that Gingrich's plan would cut taxes for 70 percent of households and reduce rates for the highest earners compared with what they pay now.

"It blows a huge hole in the deficit."
ROBERTON WILLIAMS, SENIOR FELLOW AT THE TAX POLICY CENTER

Gingrich's plan would create an optional 15 percent flat tax with a per-person deduction of $12,000. He would drop the corporate tax rate to 12.5 percent from 35 percent, allow businesses to write off capital expenses and eliminate taxes on capital gains and estates, according to his website.

People earning more than $1 million a year would receive an average tax cut of $613,689 in 2015, compared with what they pay now. That change would boost their after-tax income by 28.7 percent and put their average tax rate at 11.9 percent.

Gingrich's main rival for the Republican nomination, former Massachusetts Gov. Mitt Romney, has proposed extending current tax rates, cutting the corporate rate to 25 percent and eliminating taxes on investment income for households earning less than $200,000 a year. BLOOMBERG

Word power

The number of times legislators mentioned words like "unemployment" and "jobless" dropped considerably this year compared to 2010, according to data from CapitolWords.org.

- The word "jobless" has been uttered just 87 times this year, less than half the number of times it was last year.
- This is particularly startling when you compare it to a very similar phrase with a much different meaning: "job creators." That phrase was said as many as nearly 145 times in a single month this year, more times than "jobless" was said in the entire year. MAINSTREET.COM

MATTHEW CAVANAUGH/GETTY IMAGES

▶ Gingrich, 68, the former speaker of the U.S. House of Representatives, is leading the 2012 Republican presidential field in some national polls.

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Scientists get closer to the Big Bang

International scientists said yesterday they had found signs of the Higgs boson, an elementary subatomic particle believed to have played a vital role in the creation of the universe after the Big Bang.

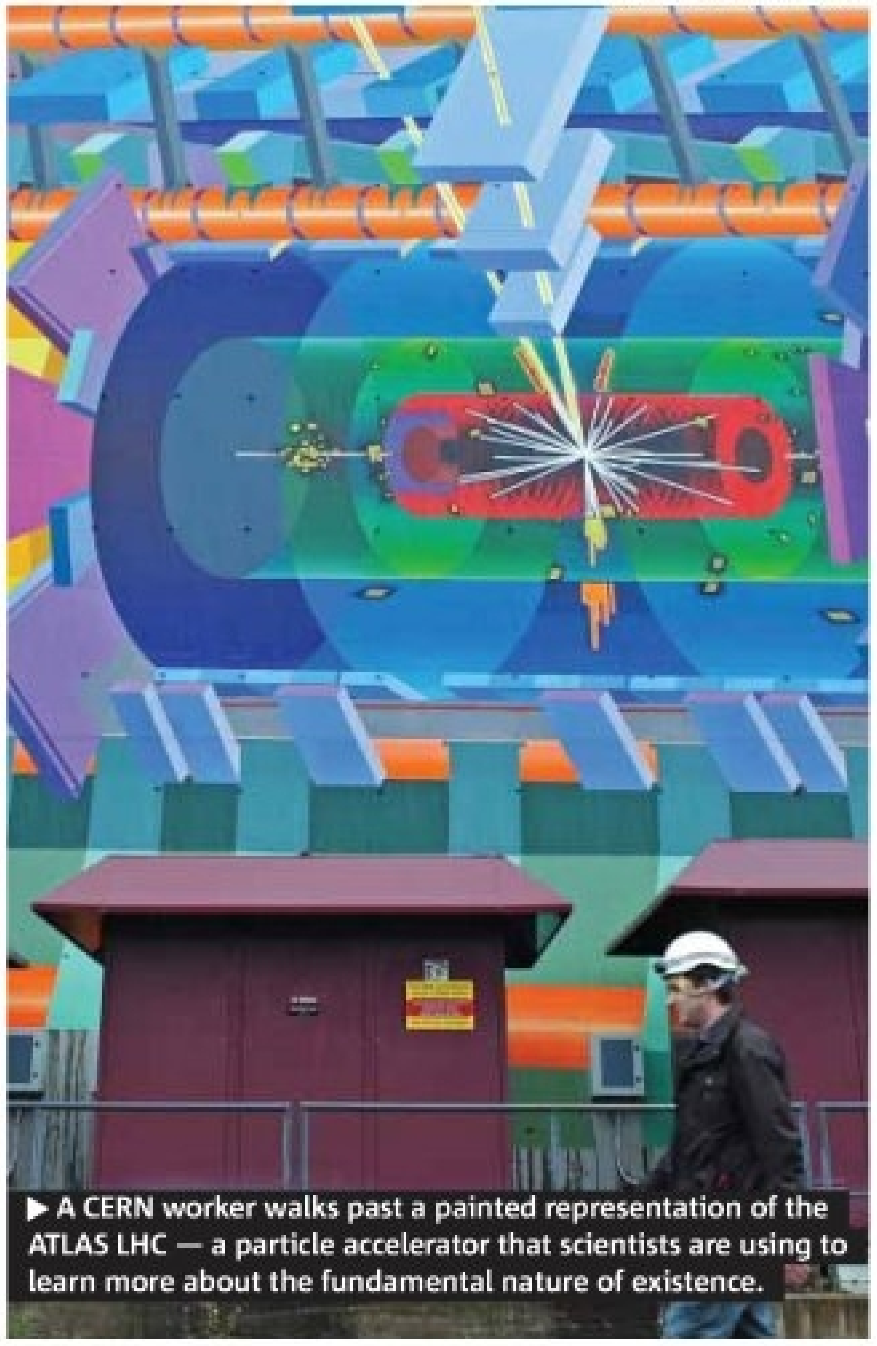
The leaders of two experiments, Atlas and CMS, revealed their findings to a packed seminar at the CERN physics research centre near Geneva, where they have tried to find traces of the elusive boson by smashing particles together at near light-speed in the Large Hadron Collider.

But scientists were quick to warn that their results have not yet reached the level of certainty that would let them claim a discovery. Its discovery would fill the last remaining hole in the Standard Model of Physics. However, that does not mean it must exist, and some eminent physicists, such as Stephen Hawking, believe it does not. **REUTERS**

God particle?

Under what is known as the Standard Model of Physics, the boson is posited to have been the agent that gave mass and energy to matter after the creation of the universe 13.7 billion years ago — leading some to nickname it the "God particle."

HAROLD CUNNINGHAM/GETTY IMAGES



▶ A CERN worker walks past a painted representation of the ATLAS LHC — a particle accelerator that scientists are using to learn more about the fundamental nature of existence.

Corzine denies that he OK'd funds raid

WASHINGTON. Former MF Global chief Jon Corzine corrected his earlier statements about the hundreds of millions of dollars in missing customer money, telling lawmakers yesterday there was no way to confuse anything he said as an authorization to raid those funds.

Corzine told lawmakers last week that he "never intended" to break rules about keeping customer funds segregated from firm money, but said that an employee may have misinterpreted instructions to try to save the firm. **REUTERS**

Quoted

"I want to be clear — I never gave any instructions to misuse customer funds." CORZINE

Fed staying on sidelines?

WASHINGTON. The Federal Reserve was likely to hold off offering the economy fresh stimulus at a meeting yesterday as it weighed encouraging signs on the recovery against risks coming from Europe.

Central bank officials were expected to continue discussions on how they might sharpen their communications to get more traction out of the monetary easing they have already put in place, but observers rate chances of an announcement as low. **REUTERS**

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Christmas lights give economy some sparkle

All those blinking lights, glowing Rudolphs and bright stars are giving the nation's economy a welcome gift this Christmas season.

According to data from the National Retail Federation and BIG Research, the U.S. is on target to spend more than $6 billion on Christmas decorations, up more than 8 percent from last year and the most spent over the seven years the group has tracked such data.

According to estimates by NRF, the average person is expected to spend nearly $47 on holiday decorations and an additional $18 on seasonal flowers, such as poinsettias. That's good news for retailers — including Lowe's and Home Depot that sell Christmas lights and decorations. It also bodes well for retailers such as Sears, Costco and Target that have started selling live Christmas trees online — with plenty of opportunities to add lights and ornaments to your shopping cart.

What may be helping drive up spending on holiday lights and decorations this year is that households are starting to own more than one Christmas tree.

"We're finding that the many Christmas tree options available to consumers today are being utilized more and more as holiday decorative accents, such as wreaths, swags and garlands," Jami Warner, executive director of the American Christmas Tree Association says in a statement. "The two-plus-tree household is evidence that the family Christmas tree has evolved into a design feature, both indoor and out, rather than the main traditional decoration during the holiday season."

For those fed up with tangled cords, missing bulbs and cracked Santas, there is also a thriving business among those willing to string your lights for a fee.

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History of lights

- In 1880, Thomas Edison crafted a strand of electric bulbs and decorated his laboratory with them.
- In 1882, Edison's business partner, Edward H. Johnson, took the concept a bit further and hand-wired an 80-bulb strand of red, white and blue light bulbs that he dangled around his Christmas tree.
- The public, despite its willingness to use lit candles as decorations, expressed safety concerns and were hesitant to embrace electric decorations until 1895, when President Grover Cleveland made the technological leap for the White House Christmas Tree.

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▶ All those lights cost money that's going into somone's pocket.

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THE WORD

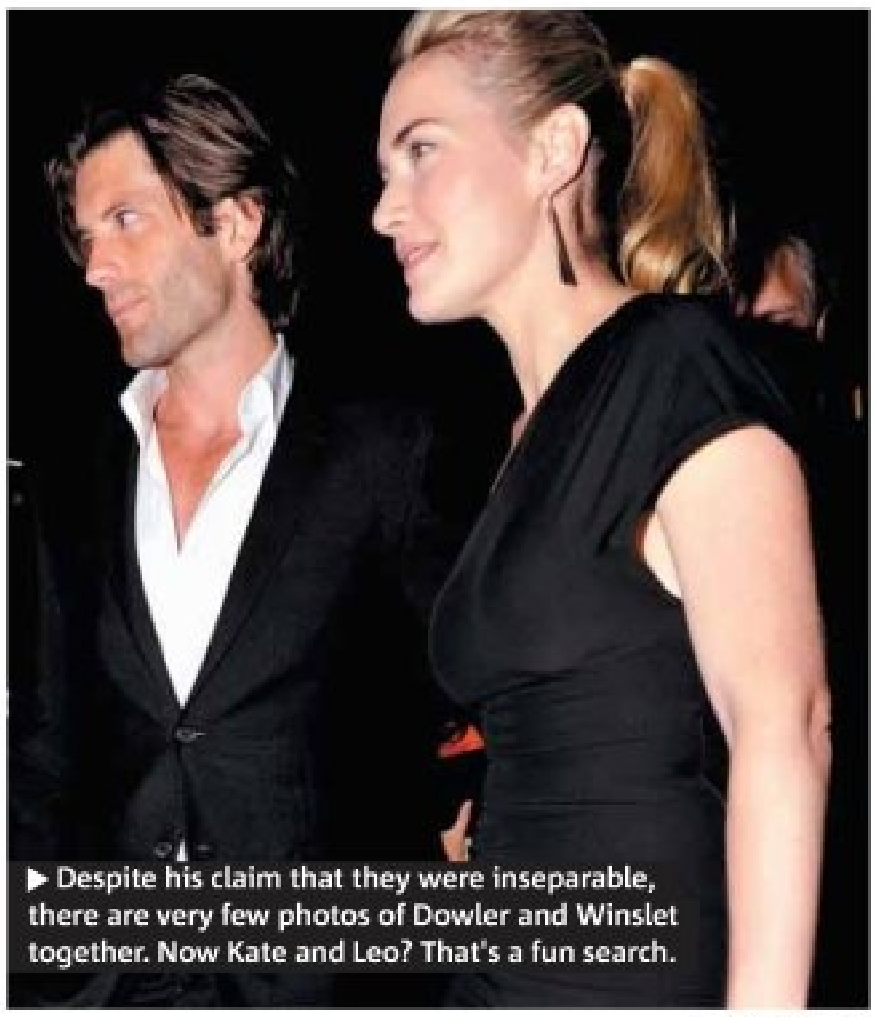
Metro's **Monica Weymouth** shares her take on the world of gossip **@monicaatmetro** **monica.weymouth@metro.us**

– Dorothy Robinson will return tomorrow.

Louis Dowler's heart won't go on

When it comes to breakups, we feel bad for the rich, famous, beautiful and otherwise gossip-worthy. Because while **Louis Dowler** may be a male model who once had the pleasure of dating **Kate Winslet**, he also had an eager audience when he was ready to whimper about their ending. (Weren't aware that these two even happened? The annoyingly good-looking pair dated after Winslet divorced director **Sam Mendes** and before she moved on to **Ned Rocknroll**, **Richard Branson**'s nephew.)

"I don't think Kate behaved well and it is still very raw for me," Dowler tells the Daily Mail. "I was in love with her, and you can't switch that off overnight. I'm not sure Kate treated me well. She met my parents and family. I thought we were inseparable. I certainly haven't found anyone else since."



▶ Despite his claim that they were inseparable, there are very few photos of Dowler and Winslet together. Now Kate and Leo? That's a fun search.

PHOTOS: GETTY IMAGES

Inseparable because she met your parents? We get that it's tough being a rebound guy when the world is watching and you lose out to someone named "Rocknroll." But come on, Louis. This chick pushed **Leonardo DiCaprio** and his frozen eyelashes right into the depths of the Atlantic. Kate Winslet doesn't bring pretty boys on the lifeboat.

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Mueller goes to for-real rehab

Brooke Mueller has abandoned plans to do outpatient rehab and will instead check in to a full-time center after being arrested for possession of cocaine last week, reports TMZ.

"Brooke will retain custody of the children, who will remain in their home and familiar surroundings and be under the care of their longtime nanny. Charlie and Brooke's parents fully support her decision, and everyone recognizes the importance of maintaining the children's normal routine," her rep tells the site.

This would make us feel a lot better if the Charlie in question wasn't **Charlie Sheen**.

Talking points

Blake and Ryan: The cuddle report

Blake Lively and **Ryan Reynolds** were reportedly "very cuddly" during a midmorning double date in NYC recently with Lively's older sister and brother-in-law, according to Us Weekly. The "Green Lantern" co-stars and happy couple were "poking each other, giggling and even seen leaning on each other in the booth," a source says.

▶ Theron

Charlize living the single life

Thanks to a succession of long-term relationships, **Charlize Theron** has managed to avoid the rigors of dating. "I don't think I've actually been on a date with somebody I didn't know. I've been on dates with my boyfriend, of course, but I've never really dated," she says, according to the Daily Mail. "I've been in serious relationships from the time I was 19, and I'm single for the first time in my life since then. I had to make a real conscious effort to rediscover myself and it's hard. I'm a creature who has really found her comfort in relationships."

Sandra conflicted on Christmas

Sandra Bullock is torn over what sort of Christmas to give her 2-year-old adopted son, Louis. "The less you give, the less they'll expect. And that way, if I give him nothing, he won't remember and he won't expect it next year and it's cheaper," Bullock tells Access Hollywood of the more frugal option. On the other hand: "I want the photo ops to be really great because he's not going to remember it, but he'll remember it by the photos and when he's 16 and says, 'I hate you — you're a horrible mother,' I'll go, 'Do you see this Christmas? Do you see that I got you that life-size lion? Shut up! Get in your room and do your homework. I was a good mother then.'"

▶ Bullock

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Today, Kirstie Alley is looking to make headlines, Hank Azaria is keeping track of local culinary trends, Steve Martin is not impressed and Katy Perry has upgraded.

▶ **@kirstiealley:** I think people gossip because their own lives are un-gossip worthy...Live a gossip worthy life...;)

▶ **@HankAzaria:** In my hometown there was a fondue place that later became a crepe place. Then it became a french toast palace. The first 2 facts are true.

▶ **@SteveMartinToGo:** NEWS: Discovery of a black hole the size of nearly 10 billion Suns. Oh, please. Yawn. I'm nominated for a Grammy.

▶ **@katyperry:** Made the switch to iPhone ... now just waiting to grow thumbs...

Katy Perry

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Make way for the movie stars

1 Mary-Louise Parker — along with Tiffany & Co., Environmental Media Association and LA Conservation Corps — unveiled the latest in garden programs at Marvin Avenue Elementary School in Los Angeles, Calif., on Monday.

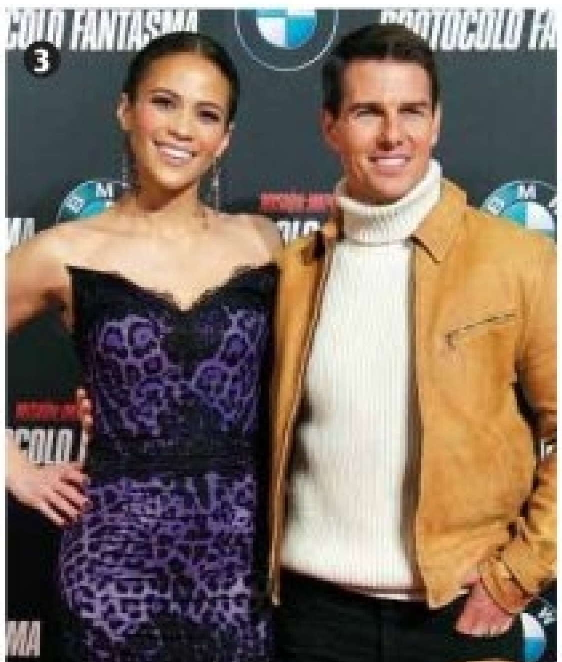
2 Zac Efron was spotted at Narita International Airport in Narita, Japan, yesterday. The "High School Musical" star was promoting his latest movie, "New Year's Eve."

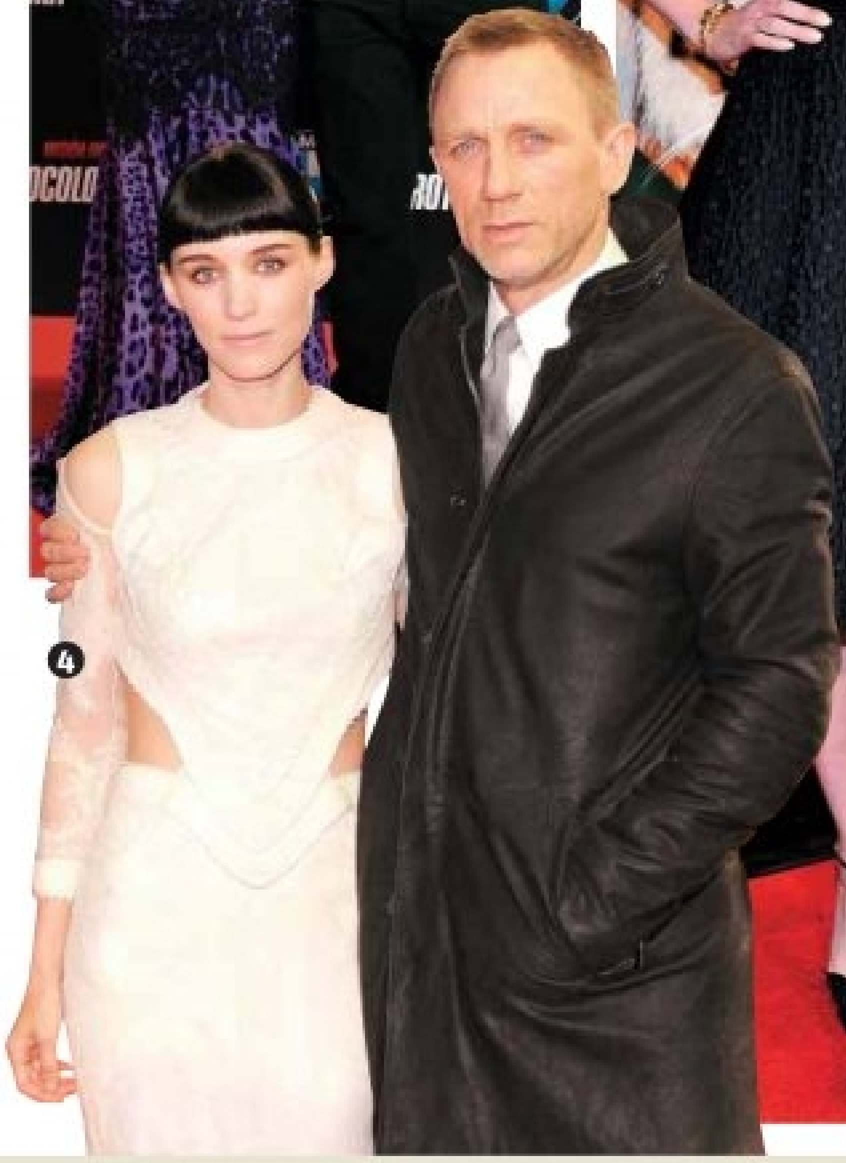
3 Paula Patton and Tom Cruise attended the Spanish premiere of "Mission: Impossible — Ghost Protocol" in Madrid, Spain, on Monday.

4 Rooney Mara and Daniel Craig, who play the leads in the upcoming thriller "The Girl With The Dragon Tattoo," attended the world premiere of the film at Odeon Leicester Square in London, England, on Monday.

5 Scarlett Johansson attended the "We Bought A Zoo" premiere at Ziegfeld Theatre in New York City on Monday. The comedy-drama is due for release next Friday.

1: JASON MERRITT/GETTY IMAGES FOR TIFFANY & CO.
2: JUN SATO/WIREIMAGE
3: CARLOS ALVAREZ/GETTY IMAGES
4: DAVE M. BENETT/GETTY IMAGES
5: JOE CORRIGAN/GETTY IMAGES





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VIGGO AS FREUD

In the critically acclaimed 'A Dangerous Method,' Viggo Mortensen plays the creator of psychotherapy, Sigmund Freud ▶ The multitalented 53-year-old tells us that he's been in therapy himself ▶ 'I felt I needed to speak to someone who was objective,' he says

▶ Viggo Mortensen considers the oral-fixation stage of development as Sigmund Freud.

How did you prepare for the role?
Well, I was probably an unusual choice for most people. I even thought so myself when David (Cronenberg, director) proposed it. Just because, physically, it was a bit of a stretch. But once I figured out how to do it and got comfortable with it — not just the physical side but also the way he spoke and his sense of humor — I could put some irony in his tone. I read everything I could get my hands on about how he moved and spoke. Then the cliche image of him that I had as an old, thin man with white hair went out the window. In his 50s, before he had cancer, he was robust and had a great appetite for life. He avoided, on purpose, talking over people's heads, and was very entertaining and generous and included his listeners, even when introducing a new, revolutionary idea.

> **"The script is very historically accurate. But it isn't dry or intellectual; it is basically entertainment and a drama. And [it's] also a tragedy, in a way, because these people should have found a way to work together and didn't."**
> MORTENSEN

Have you been to therapy?
Yeah, about 20 years ago I went for a short time. I felt I needed to speak to someone who was objective, who had no emotional interest or investment in my situation. Sometimes you can just talk to a close friend in confidence, but at that point, and I still think now, that a sort of confession without any judgment is a great idea — especially with someone who can help you understand the connections of what you are saying. It helped me.

What was it like working with Michael Fassbender and Keira Knightley?
It was very good. I didn't know either one of them before. I have always liked Keira Knightley as an actress and I've never understood why some critics, especially in England, are always attacking her, because I think she's a really good actress. She took some risks and studied very well and prepared and did an excellent job. I think her performance will be remembered for a very long time. Michael Fassbender did a very good job as [Carl] Jung. He has a great sense of humor. We had a good time on set. Both of them are football fans just like me, so we enjoyed watching the World Cup whenever we had free time. We made bets when England, Germany, Argentina and Denmark played. Michael was cheering for his father's Germany and I lost some bets on the Argentina/Germany game and they made a lot of fun of me.

EMMA BJÖRKMAN
METRO WORLD NEWS IN LONDON

Q&A

There's a lot of Oscar buzz surrounding this film.

▶ My experience is that you never know. More than half the nominations are usually questionable; it doesn't make sense why certain performances are excluded. Why David Cronenberg has never been nominated for best director is beyond me — to me he is one of a small handful of consistently great directors internationally. And there are a few people who have been nominated who are clearly mediocre. But what can you do? It is just kind of a strange lottery, or a popularity contest.

TV watch list

'24/7 Flyers/Rangers: Road to the NHL Winter Classic'

REALITY. HBO takes an inside-the-locker-room look at the New York Rangers and Philadelphia Flyers as they prepare to face off in the NHL's annual outdoor game, the Winter Classic, on Jan. 2. Last season's Winter Classic edition of "24/7" was reality television of the most fascinating variety, revealing athletes in an intimate portrait rarely seen. Caps coach Bruce Boudreau as an unexpected scene-stealer (see: his hilarious quest for Haagen-Dazs at the mall) was a bonus; we're betting on outspoken Rangers coach John Tortorella to have the honors this go-round. **Season premiere, 10 p.m., HBO**

▶ John Tortorella

'Barbara Walters Presents: The 10 Most Fascinating People of 2011'

SPECIAL. Kim Kardashian and Pippa Middleton are on Barbara Walters' list. So let's get this straight: You're "fascinating" if you're involved in a high-profile wedding and have captured the public's attention with your butt? What lofty standards, America. **9:30 p.m., ABC** ● AMBER RAY

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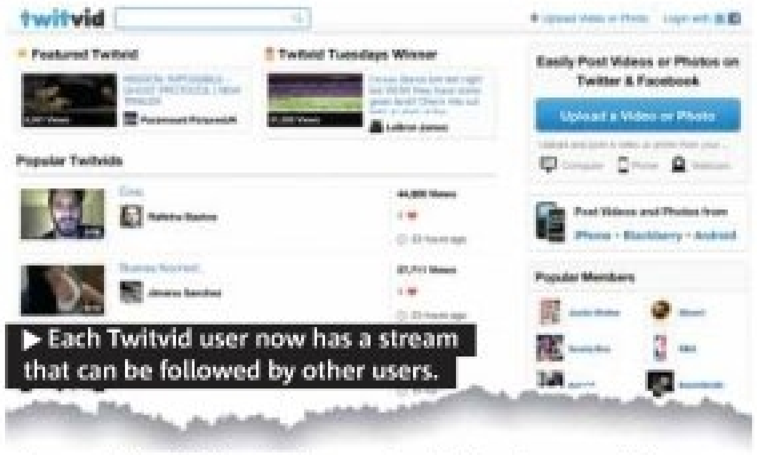
Twitvid revamps to become an 'Open YouTube' online

- It's not trying to replace video-sharing stalwarts YouTube and Vimeo
- Twitvid aims to be the best spot to share videos in a social setting

Since its launch in 2009, Twitvid has been to video what Twitpic is to photos: a tool for easily adding your own content to the social stream. But this week, it's turning its site into a community for sharing all Web video — user-created or not.

This "open YouTube" will eventually allow users to post video from anywhere on the Web. It's starting with YouTube, Vimeo and Twitvid videos. Each user now has a stream that can be followed by other users.

What differentiates the system from Twitter and YouTube is that users can create topic-specific "sub-channels" within their account that can also be followed. They can restrict posting privileges for these channels to just themselves, a small group or anybody.



Each Twitvid user now has a stream that can be followed by other users.

The "post from anybody" option could be especially handy for brands and celebrities who wish to aggregate videos from a specific event like a rally or a concert. Twitvid already has media celebrities on its services, including Justin Bieber, Al Gore, John McCain and Tyra Banks.

Another aspect that differentiates the new video platform is that it makes everything accessible within feeds. Videos play within streams without opening on another page, and comments appear directly below videos within a stream like they do on Facebook.

"We want this to be a place where you can talk and watch at the same time," Twitvid CEO Mo Adham says.

SARAH KESSLER FOR Mashable The Social Media Guide

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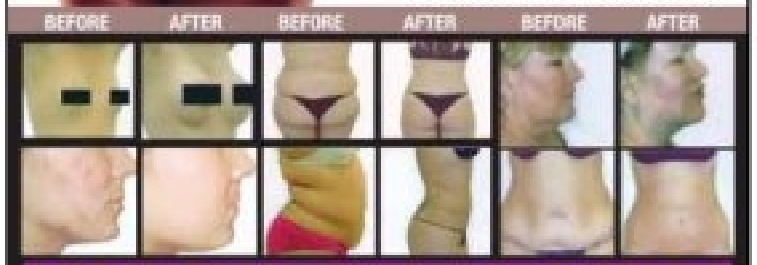
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The miracle cream debate

It's no longer enough for makeup to perform one function ▶ But are beauty brands misleading women?

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Makeup is a complicated affair. You have a zit that needs covering, but the concealer only makes the breakout worse. Or your pores are the size of golf balls, but the powder you splurged on makes them look twice as big.

Quoted

> **"Think of these makeup items as your bonus, not your main meal."**
> DR. DAY

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FOR MORE BEAUTY PICKS, VISIT US ONLINE

For the past year, science has been increasingly blurring the lines between makeup and skin care with products that address aging, sun protection, acne breakouts and redness, all in one shot. You know the products: a foundation that simultaneously covers flaws, evens skin tone and reduces signs of wrinkles, for example. But is the kill-three-skin-flaws-with-one-cream approach the best solution?

Mary Schook, a makeup artist and skin care guru, is on the fence. "I think it's kind of like those all-in-one shampoo/conditioners. You can use them, but you still get the best results by using a separate shampoo and separate conditioner," she says.

Dermatologist Dr. Doris Day, meanwhile, thinks that multitasking products can work well as a supplement to a healthy skin care regimen, but don't necessarily warrant throwing out your arsenal of face creams. "I like multitasking products," she says. "Think of these makeup items as your bonus, not your main meal."

Celebrity makeup artist Talia Shobrook agrees that some makeup items that do triple-duty can be worth the investment. "The foundations and powders that include acne-fighting ingredients are great because that is a specific problem that can be treated quickly," she says. "But I don't necessarily think that an anti-aging foundation is going to work very well. Plus, the anti-aging ingredients seem to make the makeup feel heavier on the skin," she says.

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The best of the bunch: By Terry Hyaluronic Face Glow, left; Clinique Pore Refining Solutions Instant Perfector, right

Ultimately, the real task is knowing what to look for. "It's about finding the right ingredients," Schook says. Dr. Day adds, "You want to make sure the products don't combine ingredients that cancel each other out."

KENYA HUNT
METRO WORLD NEWS IN LONDON

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How to holiday detox

Joy's healthy bite

JOY BAUER, MS, RD
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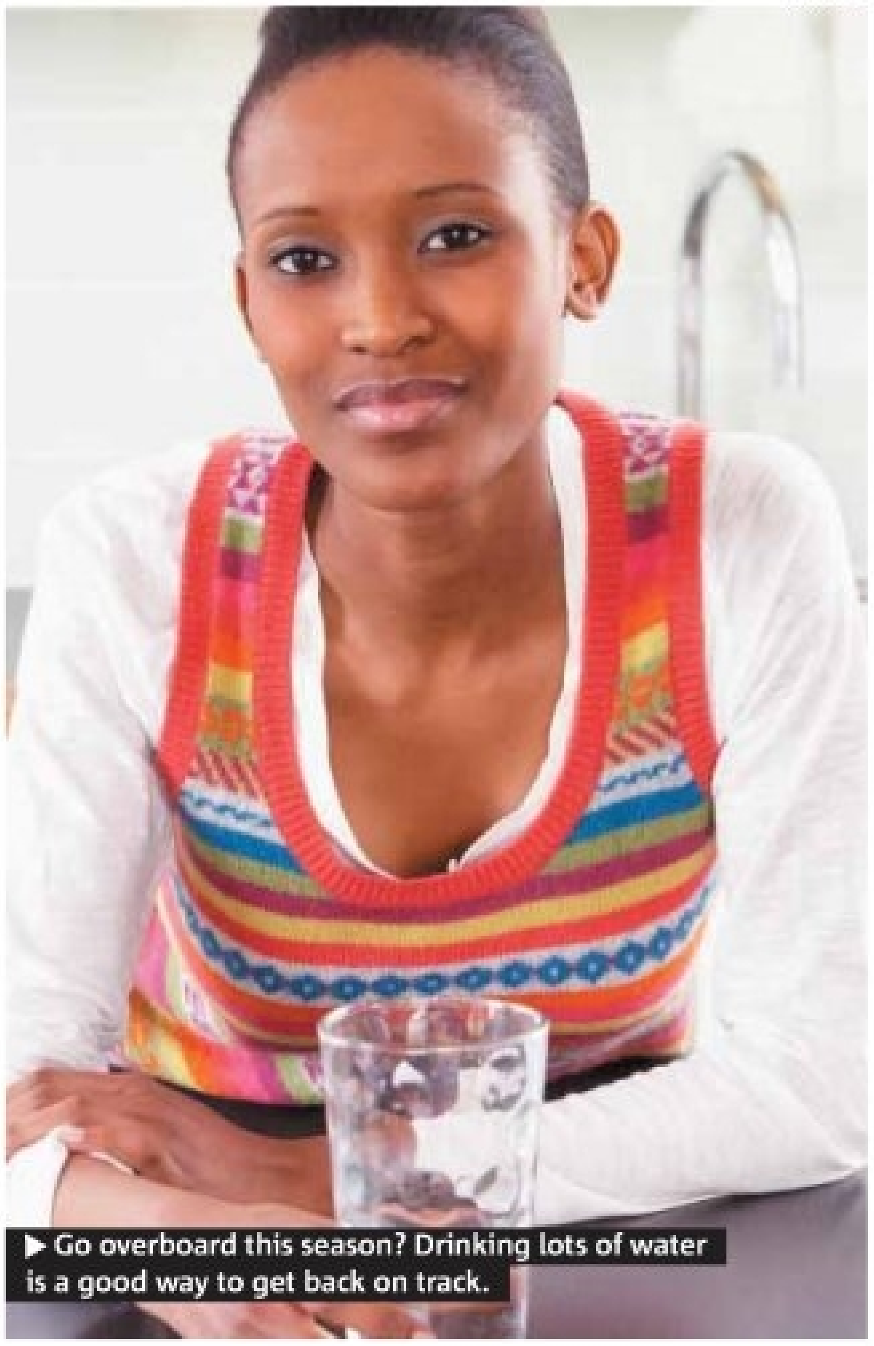
Whether you go a little overboard with peppermint martinis and appetizers at a cocktail party or succumb to an overabundance of crab dip and cookies at your office shindig, it's likely you'll experience the unpleasant aftermath of a holiday eating spree at some point during the next few weeks.

If you're looking to quickly undo the damage, my holiday detox is the perfect fix. Simply follow this recovery menu after a day of feasting to offset the calorie gorge, banish bloat, burn fat and ramp up energy. No hokey juices or potions here; it's just real, whole foods that provide the right mix of ingredients to get your body back to baseline — fast.

VALUELINE



▶ Go overboard this season? Drinking lots of water is a good way to get back on track.

Basic guidelines

1 Follow this daily menu for one to three consecutive days after a splurge.

2 Eat these five mini meals evenly spaced throughout your day.

3 Eat only what is listed on the menu — no added sugars, artificial sweeteners, salt, condiments, etc.

4 Drink only what is listed on the menu — no soda, juice, alcohol or diet beverages. (However, additional water is encouraged.)

*— For more tips on healthy eating, follow **Joy Bauer** on Facebook and Twitter (@joybauer) and visit **www.joybauer.com**.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Daily menu

Meal 1
- **Veggie Scramble:** Whisk together one whole egg and three egg whites. In a skillet coated with oil spray, saute unlimited mushrooms, spinach and tomato until soft. Add the eggs and scramble.
- ½ grapefruit
- Optional black coffee/tea

Meal 2
- Drink 8 ounces of water within 30 minutes of eating.
- 1 nonfat Greek yogurt
- 15 pistachio nuts
- 1 mug green tea

Meal 3
- Drink 8 ounces of water within 30 minutes of eating.
- **Mediterranean salad:** Combine ¾ cup chickpeas with half a cucumber (diced) and half a red bell pepper (diced). Drizzle with unlimited balsamic vinegar.
- 1 mug green tea

Meal 4
- Drink 8 ounces of water within 30 minutes of eating.
- **Baked, grilled or broiled fish:** 5 ounces any fish, seasoned with fresh lemon and herbs
- Unlimited steamed broccoli with fresh lemon and black pepper
- 1 mug green tea

Meal 5
- 1 apple with 1 tablespoon peanut butter
- 1 mug decaf peppermint tea

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I have corns on my toes which get thicker no matter what shoes I wear.
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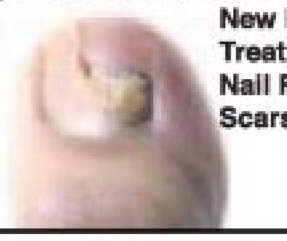

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Drinking over the holidays: What you can do to stay safe

Excess is the operative word during the holidays. While too much food can certainly cause problems, too much alcohol can be deadly.

"Holiday accidents are totally preventable," says Dr. Gayle Randall, head of medical services at Malibu's Passages Drug and Alcohol Treatment Center. "Two to three times more people die in accidents during the holidays, and it's due to alcohol."

Some people are more vulnerable to alcohol abuse at this time of year. "People with emotional or drinking problems who can't self-regulate are more at risk," she says. If one drink leads to another and another and you spin out of control, Dr. Randall says, "You have a drinking problem."

Everyone is at risk from physical damage after excessive drinking. Holistic life coach Kendra Strasburg (www.hangovercoach.com) advises individuals and groups, including people working in the alcohol industry, on how to protect their bodies against alcohol damage. If abstinence is not possible, then it's key to be aware of drinking patterns and be prepared.

"I highly recommend looking at your schedule each week and trying to make a plan," says Strasburg. "Just how many drinks do you want to consume that week? When you have a plan, find someone to hold you accountable. Tell your spouse or best friend what you're going to do. You'll be more successful."

Dr. Gayle Randall agrees and adds, "If you're hosting a party, have a list of cab numbers and watch your guests. Have the spare bed made up just in case. Never let anyone drive home drunk."

LINDA CLARKE
letters@metro.us

▶ It's cool to go out and have a good time. But make a plan for getting home safely once the night ends.

GOODSHOOT

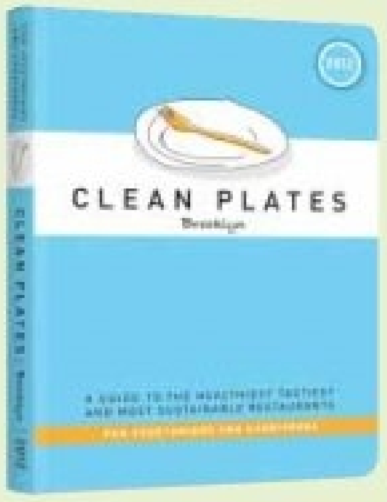
Strasburg's tips to lessen the impact

- Drink a lot of water — and an extra glass between each cocktail consumed.
- Take a spoonful of olive oil straight up before going out. It slows down the time it takes for alcohol to pass through the stomach lining and into the bloodstream.

Nutrition

Go-to guide

Start 2012 fresh with a little help from "Clean Plates," the only guide that's approved by nutritionists and food critics to help you find the healthiest, yummiest and most sustainable restaurants in the area. In addition to the Manhattan edition, this year there's also a Brooklyn guide — so outer-borough residents can be in the know, too. **METRO/ME**



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Letters

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Tis the season: Christmas war

RE: "IT'S OK TO SAY: MERRY XMAS": I couldn't agree more with Jacquie Hannigan regarding the replacement of the word "Christmas" with "Holidays." I'm even more concerned with Metro's headline: Replacing Christ's name with an "X" has to be the most sacrilegious gesture on the planet! Whatever happened to our freedom of religion? Metro: I earnestly believe you owe Jesus an apology!
KENNETH STEVENSON, VIA E-MAIL

Hannigan writes that she respects others' religious days. She might be interested to learn that many Christians would denounce her sentiment. Conservative Christians aver that their particular sect is the "Only True Religion" and that any who disagree will not only be damned eternally but pose a threat to "True Believers." As a result, the TBs themselves threaten American ideals. That's why many feel squeamish about calling the winter solstice Christmas.
ROBERT B. PIERCE, VIA E-MAIL

Quoted

> **"Stop raging at an illusory persecution and leave the Festivus for the rest of us!"**
> **AHERN**

Hannigan's lamenting of the Christmas rhetorical "war" is myopic. The idea that Christians have a monopoly on late December is ahistorical and inaccurate. That the phrase "Happy Holidays" is gaining popularity could be due to a spirit of inclusiveness, a growing pluralism in the USA, or the plain fact that several major holidays cluster on the calendar. When Jacquie implores us to "... respect Christians and let us have our Christmas", I say yes! Share the respect and allow them to celebrate their holiday! But then in return don't expect everyone to align their winter well-wishes to your theology. **STEVEN AHERN, VIA E-MAIL**

Most people respect Christians and are happy to "let you have your Christmas"; I myself love it. But I think nationally you get resistance from non-Christians because the season starts in earnest the day after Halloween. No other holiday gets celebrated in song, stores, TV shows, commercials, radio ads, print and decorations like Christmas does for two solid months. If you had to hear about President's day or Kwanza for that long every year, I think you'd be sick of it in no time, too. **JD DUCAS, VIA E-MAIL**

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** Keep faith in yourself, even if others are not fully in accord. Chances are, it won't be you who is off track, but your boorish associates.

♑ Capricorn **Dec. 22-Jan. 19**. If you know you lack the necessary knowledge concerning a commercial involvement, don't hesitate to rely on a trustworthy associate. They will guide you through the maze.

♒ Aquarius **Jan. 20-Feb. 19.** Fairness and tact are your two greatest assets. Once others see that you are not trying to put anything over on them, they will treat you fairly.

♓ Pisces Feb. **20-March 20.** Conditions in general look to be extremely favorable where your work or career is concerned. Keep performing to the best of your abilities, because your efforts are being noticed.

♈ Aries **March 21-April 19.** Yield to your need to spend some relaxing time with good friends and fun companions. You don't have to penalize your budget to do so — an inexpensive get-together will suffice.

♉ Taurus **April 20-May 20.** Allocate a reasonable amount of time to tending to the needs of those you love. If you do so purely from your heart's desire, it'll be extremely fulfilling.

♊ Gemini **May 21-June 20.** There are a couple of dynamic forces at work within you that could yield you much success. One is the abundance of bright ideas you'll get, and the other is how you implement them.

♋ Cancer **June 21-July 22.** It is admirable how generous you are. You'll not only spend on things you want, but also put toward supplying pleasure for others as well.

♌ Leo **July 23-Aug. 22.** Because your showmanship qualities will be very much in evidence, everything you do will carry a flair for the dramatic and even attract an audience.

♍ Virgo **Aug. 23-Sept. 22.** You'll sense that in order to be effective, it will be best to keep a low profile. Thus, you will likely choose to operate in the background, planting your ideas in the minds of associates.

♎ Libra **Sept. 23-Oct. 23.** Maintain a positive attitude and all the dealings you have with large groups or corporations will come off as well as you hoped they would.

♏ Scorpio **Oct. 24-Nov. 22.** The itchy feeling dogging your heels that life has been conspiring against you will finally fade. Freed from the burden of your own spurious premonitions, you'll begin to make slow but definite improvements.
BERNICE BEDE OSOL

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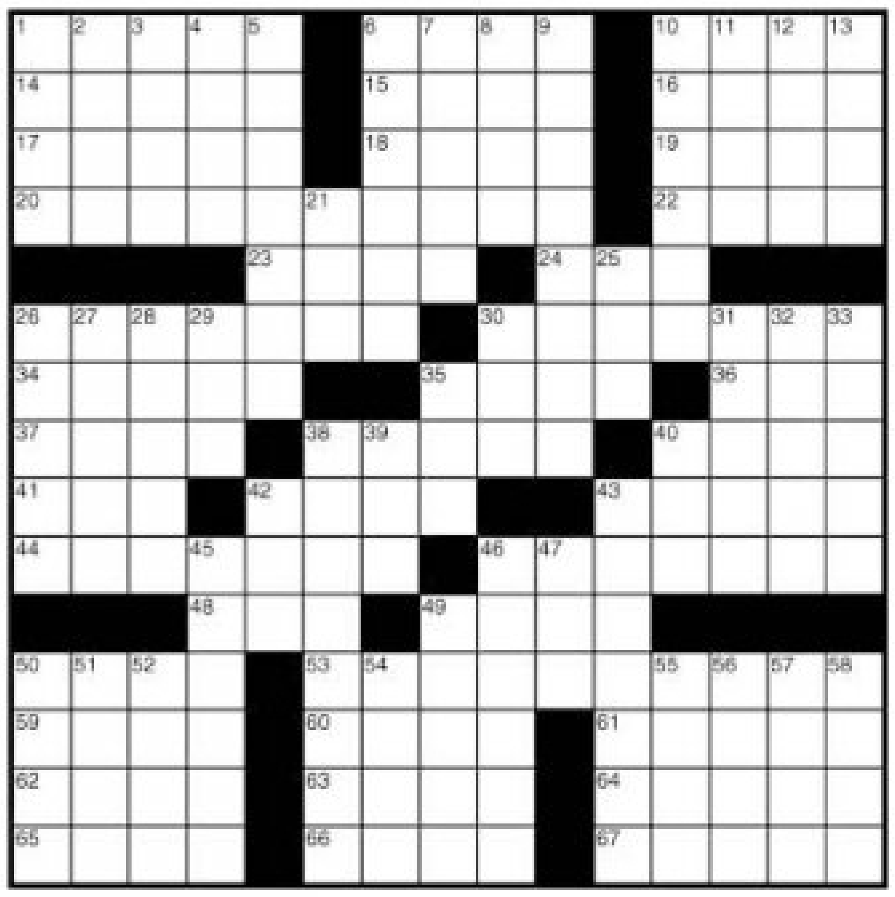

Across
1 Break the rules
6 Coup d'__
10 Beg pardon!
14 Caterpillar, for one
15 Exploding star
16 New Mexico tribe
17 "The __ Sanction"
18 Melt, as an icicle
19 Lotion additive
20 Winter phenomenon(2 wds.)
22 Grass
23 Bombay nanny
24 __ Dawn Chong
26 FDR's wife
30 Shrill insects
34 Young horses
35 Auctioneer's cry
36 Genetic strand
37 Actor __ Neeson
38 Lamp-plug part
40 Invoice stamp
41 Son of Prince Valiant
42 La __ tar pits
43 Brainy club
44 Lingerie buys
46 Shelf support
48 Pixie
49 Fritz's turndown
50 Sporty vehicles
53 Green-blue stone
59 Function
60 Mongrels
61 Doctrine
62 Nowhere near
63 Toward sunrise
64 Dinner guest
65 Fontanne's husband
66 Applies henna
67 Crumble away

Down
1 Musical symbol
2 All mammals have it
3 Cogito __ sum
4 Forum hellos
5 Plaids
6 Win over
7 Rabbi's reading
8 Tel __
9 Narrowing down
10 Flowering shrub
11 Maui dance
12 Sufficient, in verse
13 Air
21 Insurance gp.
25 Pet detective__ Ventura
26 Brilliance
27 French river
28 Veld grazer
29 PIN prompter
30 Scam
31 Swigged
32 Biscotto flavoring
33 Nobelist from Egypt
35 __ __ step further
38 Introduced
39 Home tel.
40 Delt neighbor
42 __ Keane of "Family Circus"
43 Sea cow
45 Camel country
46 Zoo inhabitants
47 Basketball hoop
49 Clinic staffer
50 Europe-Asia range
51 Soy product
52 Zest for life
54 Wharf
55 Posterior
56 Gung-ho about
57 Have occasion for
58 Raison d'__

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	4				8	7	1	
		1				6		
2					5		3	4

SUDOKU **LEVEL: EASY**

1	2				3		8	
	7				4			1
		6		1	2			7
6	3		5	2				
				4				
				8	1		2	3
4			1	7		5		
2			4				3	
	5		2				7	6

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	A	C	I	T	■	E	A	S	E	S	■	D	U	H
B	R	O	T	H	■	P	L	U	T	O	■	R	T	E
S	I	N	A	I	■	C	I	R	C	U	L	A	T	E
P	A	C	■	M	O	O	T	■	■	L	O	P	E	D
■	■	O	R	B	I	T	■	R	A	F	T	E	R	S
R	E	C	A	L	L	■	C	A	M	U	S	■	■	■
O	U	T	R	E	■	Y	O	D	E	L	■	N	O	G
C	R	E	E	■	P	E	C	A	N	■	E	A	V	E
K	O	D	■	C	O	L	O	R	■	T	I	T	A	N
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R	E	H	E	A	T	S	■	R	U	P	E	E	■	■
A	C	O	R	N	■	■	M	I	D	I	■	R	F	D
C	O	P	A	C	E	T	I	C	■	S	M	I	L	E
E	L	I	■	E	P	O	C	H	■	T	E	N	O	R
D	E	S	■	D	A	N	K	E	■	S	A	G	E	R

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.
You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: WWW.METRO.US/PUZZLES

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Jets tailgating now trending on Twitter

Group that met on Twitter now tailgates in lot L 7 before every game at MetLife Stadium ▶ Now in second year, gathering continues to get bigger

COURTESY OF CLYDE GRIFFITH

▶ Erik Manassy was largely responsible for starting the L 7 tailgating group through his website JetsTwit.com.

L 7 is trending right now among Jets fans.

Sprawled out among the many tailgates at a Jets home game, the party that takes place in parking lot L 7 is fast becoming one of the hottest of them all. Now in its second year, roughly 60 fans congregate around the lamp pole in the lot, their flags waving and barbecues grilling an assortment of artery-clogging fare. These aren't fans who sit together or have known each other for years — these fans all met via Twitter.

It was a conversation that began among fans talking online via the social media platform, tweeting each other about the team and breaking stories. Connections were made and through sites such as JetsTwit.com, the fans decided to begin congregating in the L 7 parking lot. As many as 120 fans met before the Patriots game a few weeks ago to work themselves into a frenzy before heading into MetLife Stadium.

And they keep coming back for more.

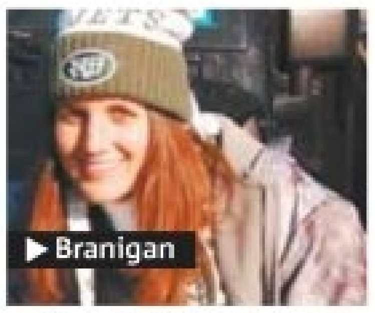
"What's expanded from social media is now a group, is now a family," said Erik Manassy, founder of JetsTwit.com. "I can't imagine not tailgating like this. I love these people."

Manassy used to tailgate a bit differently with his father, getting to the stadium around 8 a.m. on game day, pitching their Jets tent and reading the newspaper and enjoying some grilled food before going into the game.

Now, Manassy walks around like the mayor of the tailgate, his father dutifully tending the grill and passing out steak sandwiches to anyone who walks by.

KRISTIAN DYER
sports@metro.us

Five-hour tour


▶ Branigan

Lori Brannigan drives five hours from Washington, D.C., in her Jeep to every home game. Her District of Columbia license plate reads "Jets L7" and she now counts some of her best friends among the tailgate revelers she met on Twitter.

▶ "I've been a fan since the Shea Stadium days and now here," **Branigan said.** "Now, I've got a way to make it a whole lot more fun, to share this with other Jets fans."

Cheering a bigger cause, too

While L 7 is clearly a place for diehard Jets fans, Hector Rosado of Orange, N.J., illustrates how the tailgate movement is bigger than just the team.

He remembers last year when the daughter of a Jets fan was diagnosed with Lupus and was unable to attend school due to health issues and cost. L 7 chipped in with donations to help the family. Before the Chiefs game, the cousin of one of the regulars at the tailgate developed pancreatic cancer and L 7 was there to pass the bucket again. METRO/KD

GETTY IMAGES

▶ Leonhard

Leonhard surgery scheduled for today

Jets safety Jim Leonhard was scheduled for surgery to repair the torn patellar in his right knee this morning.

The surgery will take him out for the rest of the season.

"It's not the way you envision your season ending," Leonhard told WFAN's Joe and Evan show yesterday. "It is frustrating, especially the second year in a row, and you have no reasons why."

The Jets signed veteran safety Gerald Alexander as a backup for Brodney Pool, who will get the start this Sunday. METRO

38 Leonhard has 38 solo tackles this season and 48 total. He was fifth on the team in solo tackles.

In the news

Isles' draftee off BU

Corey Trivino, who was a second-round pick of the Islanders in 2008 was kicked off the Boston University hockey team after being arrested this weekend and charged with indecent assault and battery, breaking and entering and attempt to rape. METRO

In the news

Harrison out for one game

Steelers linebacker James Harrison has been suspended one game for his helmet-to-helmet hit on Browns QB Colt McCoy.

Harrison, who said he didn't think the hit deserved even a fine, will appeal the decision.

TEBOW TIME IS NOT SAME AS VONN TIME

Opinion

JASON McINTYRE

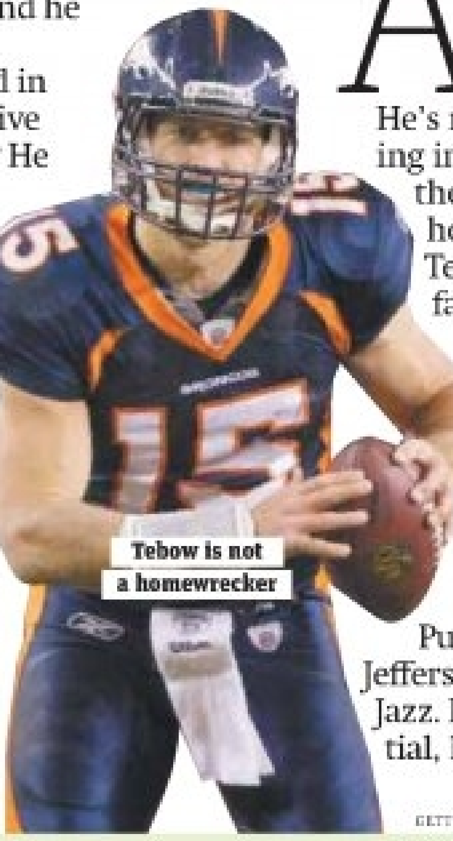
SPORTS@METRO.US

Tim Tebow, the new King of the Sports World — move over Lionel Messi, Tom Brady, LeBron James and Albert Pujols — was a notorious ladies' man in college.

While starring at quarterback at Florida, women gravitated toward him and he was often photographed in the presence of very attractive women. What's not to like? He stays out of trouble, wins (two titles, one Heisman), is clean cut, religious and has a winning smile (he was featured in GQ as a college kid, shirtless).

After a quiet rookie year in Denver, he's been the story of the NFL in 2011. Enter dating rumors!

The scuttlebutt in Denver for a few weeks has been that something was up between Tebow and Lindsey Vonn, the attractive blonde Olympic skiing champion. She attended Broncos games. She was photographed "Tebowing." And based on some of the women Tebow was photographed with at Florida, she fits the profile — blonde, tall, attractive.



Tebow is not a homewrecker

GETTY IMAGES

And then there's this: Last month, she announced she's getting divorced from her husband. The tabloid headlines flew: Tim Tebow, homewrecker!

He's not, of course. Vonn, writing about skiing in the Denver Post, actually addressed the rumors this week. After talking about how she attended the most recent Tebow triumph and sat with Tebow's family, she noted they were just friends.

To assuage the doubters, she took to Twitter to again let everyone know they were not dating.

Al Jefferson, fan of the cougars

Puzzling NBA incident from last week: Al Jefferson is a 26-year-old center for the Utah Jazz. He's a nice player, but based on potential, he's making bank: $13 million last year and already a whopping $43 million in his career.

Someone — police won't say who — called the police Thursday night because Jefferson's live-in girlfriend allegedly hit and bit Jefferson. He's 6-foot-10, 280 pounds. The police report claimed his girlfriend bit him on the back in the presence of two young children. She was arrested.

Now, the kicker. His girlfriend, Shirley Lewis, is 38 years old and 5-foot-7, 170 pounds.

Get a room, Bills fans

For the second time in three years, a couple has been arrested for having sex in the bathroom at a Bills game. Two elementary school teachers in their 30s were caught bumping uglies in the bathroom two weeks ago at the Bills-Titans game. They were arrested and their status as teachers is in jeopardy. Since their names were made public, I imagine back-to-school night might be slightly awkward. Or, you know, if the teacher called home because your kid was acting up in class.

"Little Joey was misbehaving? Well, at least he wasn't having sex in a filthy, public setting."

*– **Jason Raj McIntyre** covers athletes off the field and runs the popular blog, The Big Lead.*

---

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14 Howard averaged 14.1 rebounds per game last year with the Orlando Magic. That was No. 1 in the Eastern Conference and second in the NBA.

KEVIN C. COX/GETTY IMAGES

▶ Howard is flip-flopping between trade and no trade.

Howard narrows locations

▶ Center will only sign with three teams if traded ▶ Nets one of them

There is no place Dwight Howard would rather play than Orlando. Except, of course, for New Jersey, Los Angeles or Dallas.

A day after Howard professed he may be stepping back from his earlier desire to be traded, ESPN reported he would be willing to sign a deal with only those four teams.

That means Howard, who will be a free agent next year, will likely only be traded to one of the Nets, Lakers or Mavericks. It's unlikely any team would take him without a guarantee he would return.

In other words, he appears to still be pushing for a trade.

Howard spoke to the media on Sunday and said his relationship with general manager Otis Smith had broken down because the team wasn't improving, and he wanted to be traded.

He then backtracked a day later.

"I love this city, there is no place I'd rather be but Orlando," Howard said. "I just want to make sure we have the right things here so we can win a championship. I'm all about change. If you're willing to change and you're willing to do what it takes to win, then, you know, you got me."

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Dallas wins on third-period goal

▶ Rangers, Stars play scoreless game until 5 minutes left ▶ Little-known defenseman nets the game-winner ▶ Lundqvist gives New York a scare

BRUCE BENNETT/GETTY IMAGES

▶ Henrik Lundqvist was injured in the second period, but remained in the game.

This was not how Brad Richards envisioned the first match against his former team.

For 55 minutes, neither the Rangers nor the Stars could figure out a way to slip a puck behind the opposing netminder. Then in a second, an anonymous Dallas defenseman named Trevor Daley slipped into the slot and shoved a Mike Ribeiro rebound under Henrik Lundqvist's pads.

Daley's goal with 4:59 left in regulation was the game-winner in the Rangers' 1-0 loss to the Stars last night at the Garden. The loss was only the Rangers' seventh in regulation and the second shutout loss of the season.

The first 40 minutes were an ode to the Dead Puck era. Neither team was able generate sustained pressure in the offensive zone. The Rangers and Stars clogged the neutral and offensive zones, forcing the majority of shots to come from the periphery.

At the second intermission, the game was scoreless and the Rangers had outshot Dallas, 21-20.

The Rangers received a scare in the second period when Henrik Lundqvist (27 saves) went down on all fours after being hit between his shoulder and collarbone by a slapshot from Stars defenseman Sheldon Souray. Lundqvist, who repeatedly shook his arm in an attempt to get feeling back, was attended to by trainer Jim Ramsay.

Lundqvist was not under siege, but he was good when his team needed him to be.

Stars goaltender Richard Bachman had 34 saves in the shutout victory.

DENIS GORMAN
sports@metro.us

Staal skating

Marc Staal skated at the Rangers' early skate at the Garden yesterday morning. He wore an orange, non-contact jersey.

▶ "The workouts have gone well," **Staal said.** "The next step was to jump on the ice with the guys."

Syracuse, Boeheim sued

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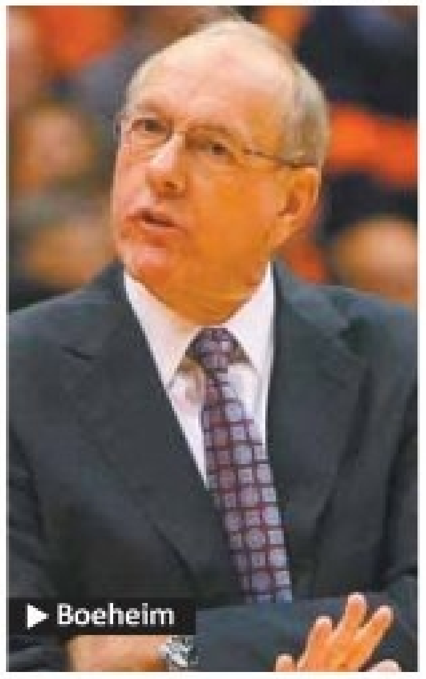

▶ Boeheim

Despite being named the No. 1 team in the nation on Monday, the Bernie Fine distraction continues to loom large in Syracuse.

Bobby Davis and Mike Lang, the two men that accused Fine of molesting them during the 1980s and 90s, have sued the school and Hall of Fame head coach Jim Boeheim for defamation.

When the story first broke last month, Boeheim was quick to call the accusers "liars" who were looking for money in the wake of the Jerry Sandusky case at Penn State. Boeheim has since softened his stance, saying he "misspoke very badly" and is now waiting for the legal process to play out.

Davis and Lang filed the lawsuit yesterday in New York State Supreme Court. Attorney Gloria Allred said at a news conference that it was time for Syracuse and Boeheim to be held accountable.

"It really hurt me to learn coach Boeheim had accused me of lying," Davis has said.

Davis served as a ballboy for the Orange in the 1980s. Lang is his stepbrother. METRO

No distraction

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▶ As of Monday, **the Orange stand at 10-0 and are the top-ranked team in the nation.**

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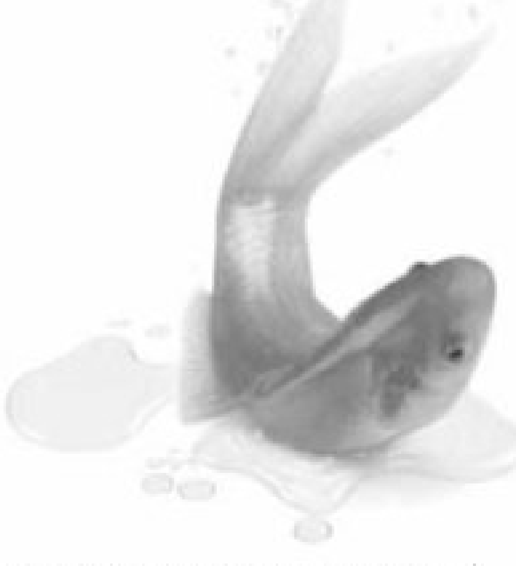

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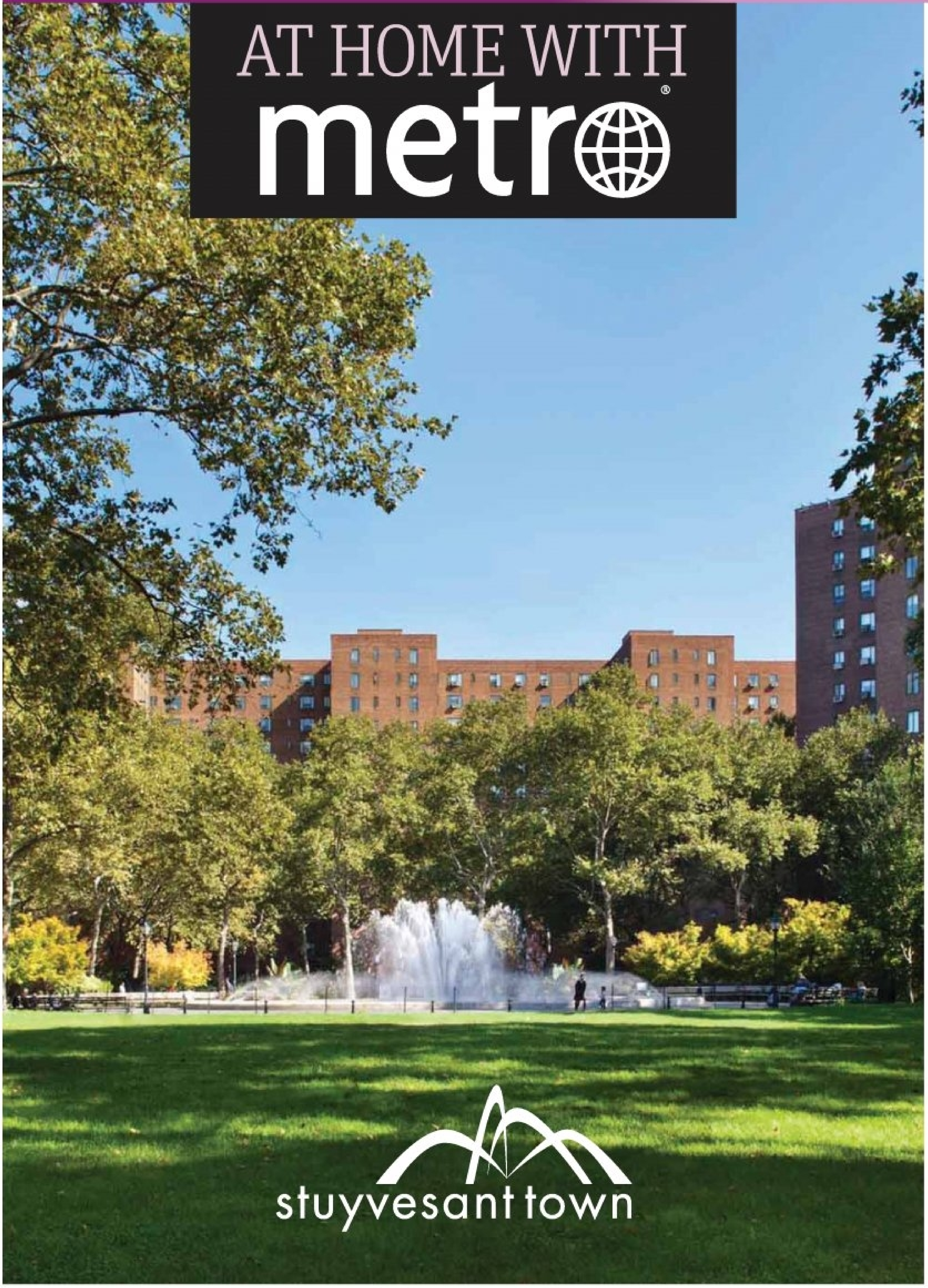


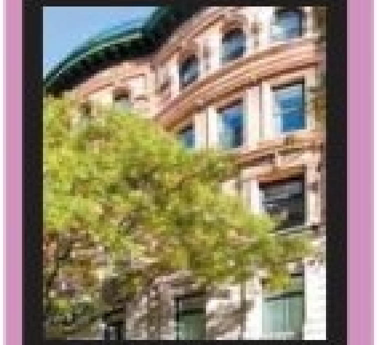
Market watch

CHEAPEST

$215K

610 E. Fifth St.

The cheapest unit to hit the market this week is a studio at 610 E. Fifth St. In an income-restricted co-op building, this fourth-floor walkup is listed by Ready Group for $215,000.



PRICIEST

$34.8M

19 E. 82nd St.

The most expensive property listed this week is a five-bedroom mansion at 19 E. 82nd St. With more than 10,000 square feet, $109K monthly taxes and zoning for either residential or commercial use, it's listed by Judson Realty for $34.8M.

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For Sale...Cottage Landings Condominium

Estimated Sales Price for One Bedroom - $150,000

Estimated Sales Price One Bedroom w/Den - $165,000
(all prices subject to change)

Energy Star appliances, hard wood flooring, laundry hook-ups,
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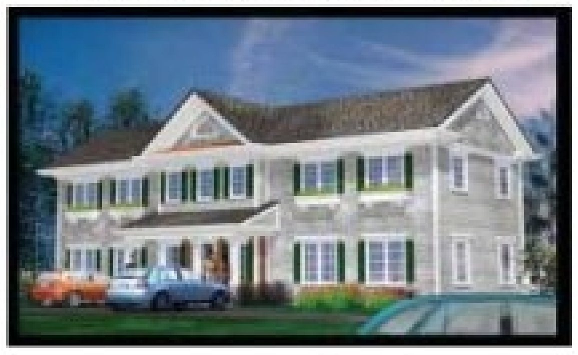

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Near the intersection of Cottage Street and Edgar Place

Maximum Income Limits as of June 2011
(Income limits are subject to change)

No. of Persons	Income Limit
1	$59,600
2	$68,200
3	$76,700

For Information/ Application Contact: 914-332-4144
hac@affordablehomes.org or www.housingactioncouncil.org

APPLICATION DEADLINE: December 29, 2011

This advertisement is not an offering. No offering can be made until an offering plan is filed with the Department of Law of the State of New York. This advertisement is made pursuant to Cooperative Policy Statement No.1 issued by the New York State Attorney General. File #CP11-0039. Sponsor: Cottage Landings LLC, 8 Hilltop Drive, Port Chester, NY 10573. Project: Cottage Landings Condominium - Edgar Place & Cottage Street, Rye, New York.

Housing Action Council

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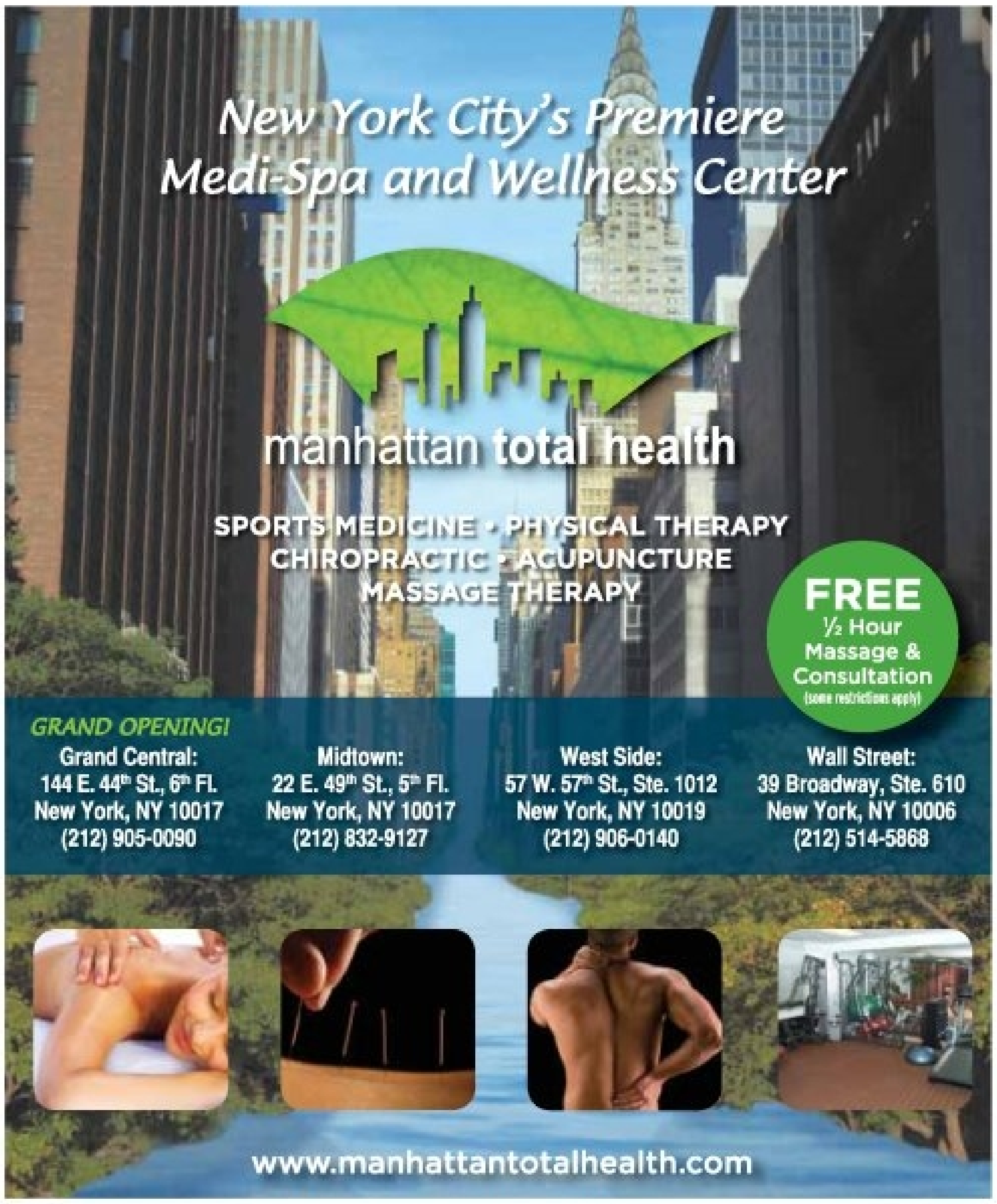

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West Side:
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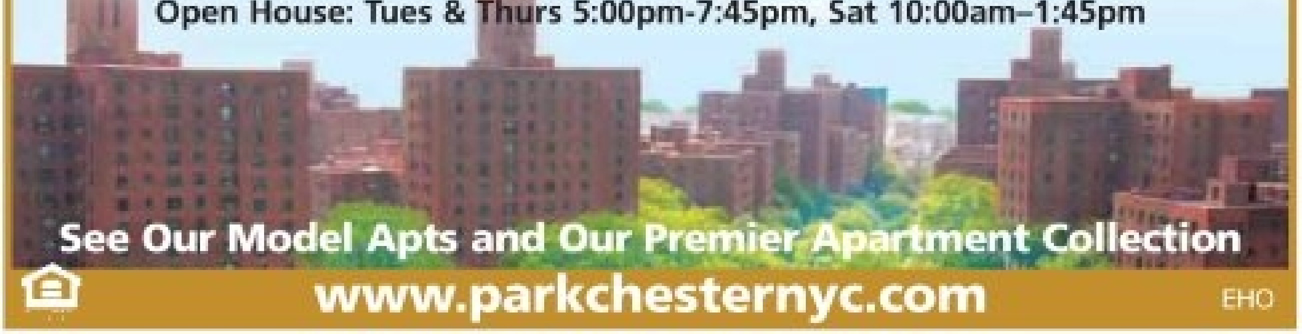

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EHO

Let there be light

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- Last-minute touches to bring a little extra sparkle into your holidays

1. IKEA's Strala lights lend a soft holiday glow — and they'll never get tangled into a giant ball of fragile, ominously blinking cat bait. $13-$40, www.ikea.com

4. Designer Jon Russell's "Ghost Candelabra" is made of flat Lucite panels; just add some flickering candles to channel Christmases past. $65, www.momastore.org

2. Pottery Barn Kids ornaments let you include photos without inviting your niece's still-sticky popsicle stick frame. **$4-$7, www.potterybarnkids.com**

3. We love BHLDN's "Black Forest" lanterns to light up just about any celebration, but the shimmery recycled bottles do their best work on snowy, moonlit evenings. **$28, www.bhldn.com**

5. Restoration Hardware's vintage glass snowflakes have a holiday sparkle that doesn't fade come Dec. 26. **$18 (set of three), www.restorationhardware.com**

6. Feel the need to light up some greens, but not wrestle a tree in your third-floor walk-up? Frosted votives nestle into the moss of this rustically festive trough by Olive & Cocoa. **$58, www.oliveandcocoa.com**

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Meet the landlord

Name: Roberta Bernstein

Titles: Owner of R. Bernstein Company; president of Small Property Owners of New York
Age: 68 "going on 30"
Hometown: Born in the Bronx, grew up in Queens
Currently living in: Long Island

How did you get into real estate?
I was a schoolteacher and I was fascinated by "the real world." As teachers, we always felt like we were in a cocoon. So I started looking at the business world. In 1971, I bought a brownstone on 81st between First and Second avenues. The building had five units and an owner's apartment. Then I bought derelict buildings in Chelsea — one 12-unit building and one 28-unit building. I really didn't know what I was in for! I taught until 1976, and then I took a temporary leave of absence to focus on my properties. I always thought I'd go back, but I never did.

How many properties do you own?
I own four now, on the same block: 1681, 1683, 1691 and 1693 Third Avenue, between 94th and 95th streets.

Have you ever lived in your buildings?
I did live in one of the buildings for many years, but a couple of years ago we moved to Long Island. My nephew and nieces [now] take care of the day-to-day business.

What rents do you charge?
It ranges from $800 to $1,300 [per month]. Some are even a little less, because they're seniors who just can't pay. They aren't rent-controlled units; we just work with people, which is very unusual.

So how do you make money?
It's very difficult. It's a double-edged sword — we raise the rent and tenants fall behind. At least now, we get everything paid.

Have you recently raised rent?
No, we try not to, because a lot of our tenants have lost jobs. But all of our expenses keep going up, so we do have to consider [it].

Roberta Bernstein

Landlord life

What's the most challenging part of owning NYC buildings?
Knowing what to do with the senior citizens, who really should be in a home and who don't have supportive families. We're basically taking care of them.

What's the best part?
Having tenants come back — ones who have moved out who want to come back, or just stop by to say hi.

Tenant horror story?
I had a tenant who was very hostile. He married his childhood sweetheart and they were having a kid in a six-floor walk-up! It's really not a place to raise children. So he decided to leave and told me that if I didn't let him sell the lease and pocket the money, he'd tie up the apartment. It was more cost-effective for me to just let him do it than to fight him. He got $15,000!

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL
New York Real Estate News

SPONY

What is Small Property Owners of New York?

We are a membership organization with more than 1,000 members. We formed in 1984 in response to a rent reregulation law being drafted. I knew that it was going to be a bad thing, and I thought small property owners had to have a voice in the legislature, so I formed SPONY. [At the time], owners were treated as pariahs. We were labeled "landlords" — who, as we know, tie innocent maidens to the train tracks and wait for the trains to come. [In reality] we're former teachers, civil servants [and] masons who invested in buildings. A lot of our members at the beginning were afraid to admit they were property owners, and now they're proud members. Now, in addition to trying to create a balanced environment and reasonableness in legislature, we also help members who are having problems.

Q&A

How would you change policy to help the market?

Regulation causes a lot of [the city's] housing problems. The solution would be to have a system of step-by-step deregulation of housing stock. You'd see things ease up, and you'd see more housing being built — even in this economy.

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